

## **South of the Border Meat Loaf**

This recipe is from bariatric dietitian, Steph Wagner, with [www.foodcoach.me](http://www.foodcoach.me). It is an excellent resource of recipes and post weight loss surgery tips. After bariatric surgery, lean protein sources such as this meatloaf are the best for controlling your portions and hunger control. Always remember black bean sized bites and to pause in between bites. Check out the Eat Slower app that can help you eat more mindfully and train you to take time in between you bites making sure the meals takes 15-30 minutes to complete.

### Ingredients:

- 1 poblano or green bell pepper, finely chopped
- 1/2 small onion, diced
- 1/2 cup grated parmesan cheese
- 1/2 cup ketchup (less than 8 g sugar per serving)
- 2 tbsp Chipotle rub or similar seasoning
- 1 lb 93% lean ground beef
- 1 egg
- 3/4 cup 2% cheddar cheese, shredded

### Preparation:

1. Preheat oven to 375.
2. Dice pepper and onion. Add to a mixing bowl along with ground beef, parmesan cheese, ketchup, seasoning and egg. Mix into small meatloaves or baked in a muffin tin for individual sized servings.
3. Bake in heated oven for 45-60 minutes using a meat thermometer to check internal temp is to 145F. Add shredded cheese to the top and put back in the oven 3-5 more minutes or until melted. Remove, let cool and serve.