

DINNER

Chipotle Meat Loaf

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	8	\$1.59	204 kcal

Chipotle Meat Loaf is a main course that serves 8. For \$1.59 per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. Watching your figure? This dairy free recipe has 204 calories, 24g of protein, and 5g of fat per serving. 1 person has tried and liked this recipe.

Ingredients

☐ 2 teaspoons minced chipotle pepper in adobo sauce	☐ 1 large egg, lightly beaten
☐ 1¼ pounds extra-lean ground beef	☐ 2 garlic cloves, minced
☐ 1½ teaspoons ground coriander	☐ 1½ teaspoons ground cumin
☐ ¼ teaspoon ground red pepper	☐ ½ pound ground turkey breast
☐ ½ cup ketchup, divided	☐ ½ cup uncooked regular oats
☐ 2 cups chopped onion	☐ 2 teaspoons dried oregano
☐ 1 teaspoon salt	☐ 1 ounce 1/2 white bread

EQUIPMENT Food processor, Bowl, Oven, Loaf pan, Kitchen thermometer

Method

- 1 Preheat oven to 42
- 2 Place bread in a food processor; pulse 5 times or until coarse crumbs measure 1/4 cup.
- 3 Combine breadcrumbs and oats; set aside.

- 4 Combine onion, 1/4 cup ketchup, salt, and next 6 ingredients in a bowl; crumble beef and turkey over onion mixture.
- 5 Add breadcrumb mixture, and stir until blended.
- 6 Press mixture into a 9 x 5-inch loaf pan coated with cooking spray.
- 7 Combine 1/4 cup ketchup and chipotle pepper; spread over top of loaf.
- 8 Bake at 425 for 45 minutes or until a thermometer inserted in center of loaf registers 16
- 9 Let stand 5 minutes before slicing.

Nutrition per serving

204	24 g	5 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			1.9 g · 8% of daily needs
Sugar			5.3 g · 6% of daily needs
Sodium			517 mg · 22% of daily needs
Cholesterol			82.8 mg · 28% of daily needs
Vitamin C			4 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chipotle-meat-loaf-147759