

DINNER

Southwest Meat Loaf

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$2.26	182 kcal

Southwest Meat Loaf might be just the main course you are searching for. This dairy free recipe serves 8 and costs \$2.26 per serving. One portion of this dish contains about 30g of protein, 3g of fat, and a total of 182 calories. 1 person has made this recipe and would make it again.

Ingredients

☐ ¼ cup pickled banana pepper rings, finely chopped	☐ 2 tablespoons Dijon mustard
☐ 2 large egg whites	☐ ¼ cup chopped fresh cilantro
☐ 2 pounds ground turkey	☐ ½ cup finely chopped onion
☐ 1 tablespoon onion powder	☐ ½ teaspoon dried oregano
☐ 1 Dash crushed red pepper	☐ 1 cup bottled salsa
☐ ½ cup seasoned breadcrumbs	☐ 2 tablespoons Worcestershire sauce

EQUIPMENT Oven, Baking pan, Kitchen thermometer

Method

- 1 Preheat oven to 35
- 2 Combine first 11 ingredients. Divide meat mixture into 2 portions, and shape each portion into a (6 x 3-inch) loaf.
- 3 Place loaves in a 13 x 9-inch baking dish coated with cooking spray; pour 1/2 cup salsa over each loaf.
- 4 Bake at 350 for 1 hour or until a thermometer registers 16

- 5 Let stand 10 minutes.
- 6 Cut each loaf into 8 slices.

Nutrition per serving

182	30 g	3 g	10 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			1.5 g · 6% of daily needs
Sugar			2.7 g · 3% of daily needs
Sodium			488 mg · 21% of daily needs
Cholesterol			62.4 mg · 21% of daily needs
Vitamin C			2.5 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/southwest-meat-loaf-147900