

# Cowboy-Style Meat Loaf

Servings : 6

Amount	Measure	Ingredient - Preparation Method
2	teaspoons	olive oil
1	cup	onion - chopped
1/2	cup	celery - chopped
1	cup	red bell pepper - diced
1 1/2	teaspoons	cumin - ground
2	cloves	garlic - minced
1		jalapeno - seeded and minced
1/2	cup	BBQ sauce
2	cups	mashed cooked peeled baking potato (about 1 lb uncooked)
1	cup	regular oats
1/4	cup	cilantro - minced
1/4	cup	ketchup
1	tablespoon	dijon mustard
1/2	teaspoon	salt
1/2	teaspoon	black pepper
16	ounces	canned kidney beans - drained and mashed
3/4	cup	cheddar cheese - shredded

Preheat oven to 375.

Heat oil in a large skillet over medium-high heat. Add onion and next 5 ingredients; saute 3 minutes. Stir in 1/4 cup BBQ sauce, potato and next 7 ingredients. Spoon potato mixture into a 9x5 loaf pan coated with cooking spray. Bake at 375F for 30 minutes.

Brush 1/4 cup BBQ sauce over loaf, and sprinkle with cheese. Bake an additional 10 minutes. Let stand 10 minutes before slicing.