

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Pizza Meat Loaf (Makes 6 servings.)

### Ingredients

- 12-oz. (1/2 of a 24-oz. can) pork, drained
- 1/2 cup green pepper, chopped
- 1/4 onion, finely chopped
- 3/4 cup canned tomato sauce
- 1/4 cup low-fat cheese, shredded

### Directions:

1. Preheat oven to 350° F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.

Nutrition info: Serving size: 1/6 of cooked recipe, Calories: 140, Total Fat: 8 g, Saturated Fat: 4 g, Cholesterol: 50 mg, Sodium: 160 mg, Total Carbohydrate: 3 g, Dietary Fiber: 1 g, Sugars: 2 g, Protein: 14 g. *Recipe adapted from SNAP-ED Connection Recipe Finder.*

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