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# Southwestern Meat Loaf

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 40 minutes

**1/2 cup finely crushed whole grain tortilla chips**  
**1 teaspoon ground cumin**  
**1/2 teaspoon garlic powder**  
**1/4 teaspoon freshly ground black pepper**  
**1 cup + 1 tablespoon bottled chipotle salsa, divided**  
**1 teaspoon Kosher salt, divided**  
**1 3/4 pounds ground beef**  
**1 1/2 cups (6 ounce) sharp cheddar cheese, shredded**  
**2 large eggs**  
**2 tablespoons ketchup**  
**1 teaspoon fresh lime juice**

Preheat the oven to 350 degrees.

In a large bowl, stir together the tortilla chips, ground cumin, garlic powder, black pepper, one cup of chipotle salsa and 3/4 teaspoon of Kosher salt.

Gently stir in the ground beef, cheese and eggs.

Line a broiler pan with aluminum foil. Coat with cooking spray.

Shape the mixture into a 9 x 5-inch loaf. Place the loaf on a lightly greased rack in the broiler pan.

Bake in the preheated oven for 50 minutes.

In a small bowl, stir together the ketchup, lime juice, the remaining one tablespoon of salsa and 1/4 teaspoon of salt. Brush the ketchup mixture over the top of the meat loaf.

Bake for 15 to 20 minutes more or until a meat thermometer inserted into the center registers 160 degrees.

Let stand 5 minutes before serving.

## **Meatloaf**

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*Per Serving (excluding unknown items): 557 Calories; 46g Fat (75.6% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 663mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.*