



#### INGREDIENTS

- ☐ ¼ cup olive oil
- ☐ 1 tsp garlic, chopped
- ☐ ¼ cup onions, diced
- ☐ 1 ½ cups cremini mushrooms, diced
- ☐ 2 tbsp carrots, diced
- ☐ 2 tbsp celery, diced
- ☐ 8 oz ground beef
- ☐ 4 oz ground pork
- ☐ 4 oz ground veal
- ☐ 3 eggs, scrambled
- ☐ 4 tbsp low-sugar ketchup
- ☐ 2 tbsp Dijon mustard
- ☐ 4 slices whole-grain bread, diced
- ☐ ¼ cup skim milk (or milk substitute)
- ☐ 1 tsp Tabasco sauce
- ☐ 2 tbsp fresh parsley, chopped
- ☐ 2 tsp kosher salt
- ☐ 1 tsp black pepper



**Franklin Becker**  
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

## MEATLOAF

#### METHOD:

1. Sauté onions and garlic in olive oil until translucent.
2. Add chopped mushrooms and salt and cook until almost dry, approximately 15 minutes.
3. Cool down mushroom mixture.
4. Mix the bread with the milk.
5. Mix all remaining ingredients together and place in the refrigerator to firm up for 4 hours.
6. Shape into a loaf and bake in the oven at 400°F for 40 minutes.
7. Allow the meatloaf to cool before eating.

**Tip:** Mushroom mixture can also be used for salads or served as a side dish.

**Yield:** 8 servings. **Per Serving:** 150 calories, 8g fat, 11g protein, 6g carbs.

**Want more recipes?** Download more delicious and nutritious type 2 diabetes–friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).

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