



## **SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH**

---

### **Meatloaf Burgers, Steamed Broccoli, Baked Yams, Salad**

#### **Meatloaf Burgers**

Extra virgin olive oil  
1 ½ pounds ground beef  
1 cup finely chopped red onion  
2 Tbs. finely chopped fresh parsley  
¼ cup bread crumbs (just crumble a piece of bread)

1 large egg, lightly beaten  
2 Tbs. diced tomato with juice  
1 ½ tsp. Dijon mustard  
Sea salt and freshly ground pepper, to taste

#### ***Instructions:***

- Preheat oven 450 degrees. Lightly grease a cookie sheet with olive oil and set aside.
- In a bowl, combine ground beef and remaining ingredients.
- Form into hamburger patties and place on cookie sheet.
- Bake 10-15 minutes or less, depending on the size of your hamburger patties and your desired level of doneness.

#### **Steamed Broccoli**

- Steam broccoli until its bright green and just tender (if it turns dull green, you've cooked it too long).
- Serve with melted butter poured over the top.

**Serve meatloaf burgers with steamed broccoli, baked yams (with butter) and a green salad.**

**Enjoy!**