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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Reduced Fat Meat Loaf**

**By Dr. Donald A. Miller**

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It is no secret that four legged meats, especially beef and pork that were fattened in feedlots, comprise one of the highest sources of fats in the American diet. If you want to keep some of your recipes, but lower the fat by ten to fifty percent, you can substitute some soy foods for part. This is easiest to do with meals which can be made from ground beef.

I have yet to find an artificial meat cutlet, molded from tofu and / or TSP/TVP = Textured Soy/Vegetable Protein, to taste very good. But I have learned to like tofu and tempeh for themselves. I have made "beef stew" with tempeh replacing all the meat, and omelets with mashed tofu instead of cheese, and served without sausage or bacon. I also like angel hair pasta mixed with spices, soy sauce, and an equal mixture of ground beef and tofu.

The scientific test for success was that I have eaten my invented recipes more than once, and without any regrets.

So, what about meat loaf? It looks like a natural test case.

One should realize that fat in the starting meat will be mostly trapped in the final dish, so start with lean ground beef. Major groceries should have 5 to 10 percent fat ground beef. If not, ask for some to be made from their leanest cuts. If you extend the meat by folding in crushed crackers or bread crumbs, realize that such will help trap fat.

Here is my experiment of a recent weekend.

## Reduced Fat Meat Loaf

First, start an oven heating to about 375 Fahrenheit, plus or minus 25 degrees. It will be ready when the dish is.

I placed 12 ounces (a common standard package size) of extra firm tofu (least water content) in a round ceramic baking dish, then used a manual potato masher to reduce it to paste. I then added 3 cups of lean ground beef, and blended thoroughly, until the color was uniform. Along the way, I had tossed in some diced garlic, blended green herbs, two tablespoons of real soy sauce, and some fresh ground black pepper, but no salt. Other people might want to include some

diced green or red pepper, some tomato sauce or fresh diced tomatoes, and similar.

By the way, I use Mori–Nu brand of tofu, because it comes in aseptic packages which require no refrigeration.

I cut two medium potatoes length wise into quarters, then sliced fairly thinly. I also diced up a double handful of pre peeled baby carrots. After shaping the meat into a round loaf which did not touch the sides of the dish, I placed potato around the sides, then the carrots over every thing.

I topped the dish with its clear glass cover, then placed in the oven for an hour. This made the potato and carrot slices tender but not mushy. The resulting juices made a great gravy. After serving, I added a small amount of "lite salt", which is a 50 – 50 blend of potassium and sodium chloride. Tasty!

Readers can vary the proportion of tofu. My meat loaf had a very nice consistency, neither rock hard nor crumbly soft. I would like to know if readers still got good results using more tofu.

After the left overs had spent a night in the refrigerator, I saw no globs of congealed fat, which confirmed that the meat was lean. Of course, the fat absorbed back into the loaf was not visible. I reduced the saturated fats in the meal, but I did not eliminate them.

Baking the potatoes with the meat, rather than making mashed potatoes, meant no temptation to add butter or margarine.

\*\* Diet with FACTS, not MYTHS. \*\*

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

## **10 Tips To Reduce Fat In Your Diet**

**By Kathy Thompson**

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1. Steam, boil, broil, or microwave vegetables, or stir-fry them in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than sauces, butter, or margarine.
3. Try lemon juice or fat-free dressing on salad, or use a yogurt based dressing instead of mayonnaise or sour cream dressing.
4. To reduce saturated fat, use vegetable oil or tub margarine instead of butter or stick margarine when possible.
5. Replace whole milk with skim or low-fat milk in puddings, soups, and baked products. Substitute plain nonfat yogurt, blender-whipped cottage cheese, low-fat sour cream, or buttermilk in recipes that call for sour cream.
6. Choose lean cuts of meat, and trim any visible fat from meat before and after cooking. Remove skin from poultry before or after cooking. Monitor portion sizes. (Lean meats end in "loin".)
7. Roast, bake, or broil meat, poultry, or fish, so that fat drains away as the food cooks.
8. Use a nonstick pan for cooking so added fat will be unnecessary, use a vegetable spray for frying.
9. Chill broths from meat or poultry until the fat becomes solid. Spoon off the fat before using the broth.
10. Eat a low-fat vegetarian main dish at least once a week.

Kathy Thompson, is a writer and speaker, with over 25 years of researching nutrition and fitness. Kathy provides coaching, classes, workshops, articles, reports, columns. For help with losing weight, cleaning up your diet, or improving health, contact Kathy at: [healthy@words4-u.com](mailto:healthy@words4-u.com). Check out the FREE report "The Secret To Permanent Weight Loss" at:

www.words4u.com/health.html

Writer, Speaker, Coach, Kathy Thompson has been studying health & nutrition for over 25 years, and given workshops and classes around the country.



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