

Manly Muffin Meat Loaf


Dad will love these individual meat loaves, and so will everyone else!



Level: Easy

Serves 6, 2 muffins each

Kids' Tool Kit

Muffin pan 
 Mixing bowl
 Measuring cups
 Measuring spoons
 Spoon
 Knife
 Cutting board
 Hot pad
 Grater

Chef's Choice

Muffin Meatloaf
 Baked potato
 Green beans
 Milk

Ingredients:

1 egg
 1/2 cup milk
 3/4 cup oats
 1 pound lean ground beef
 3 tablespoons chopped onion
 1/2 teaspoon salt
 1/2 cup grated cheese (any variety)



Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.



Helpful Hints: Combine meat loaf ingredients until well mixed, but don't over mix; Too much mixing can make a meat loaf tough!



Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

Nutrition Facts

Serving Size 2 muffins (136g)
 Servings Per Container 6

Amount Per Serving		Calories from Fat 100	
		% Daily Value*	
Calories	260		
Total Fat	11g		18%
Saturated Fat	5g		24%
Cholesterol	70mg		23%
Sodium	450mg		19%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		9%
Sugars	3g		
Protein	22g		
Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.