

Manly Muffin Meat Loaf

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

6 servings of two muffins each

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:

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.

Nutrition Facts: Two muffins provide 260 calories, 11g total fat, 70mg cholesterol, 450mg sodium, 16g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Muffin Meatloaf
Baked Potato
Green Beans
Milk

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