

# Manly Muffin Meat Loaf

Rating: ★★★★★

Makes: 6 servings

## Ingredients

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

## Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 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.

## Notes

Combine meat loaf ingredients until well mixed, but don't over mix; too much mixing can make a meat loaf tough.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	213	
Total Fat	11 g	17%
Protein	20 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	5 g	25%
Sodium	315 mg	13%

## MyPlate Food Groups

Grains	1/2 ounce
Protein Foods	2 ounces
Dairy	2 cups

**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.

Kansas Family Nutrition Program, Kids a Cookin'