Manly Muffin Meat Loaf

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

Level: Easy

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.

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.

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