

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
 $\frac{1}{2}$ cup milk
 $\frac{3}{4}$ cup oats
1 pound lean ground beef
3 tablespoons chopped onion
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ 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 260	Calories from Fat 100
% Daily Value*	
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.