

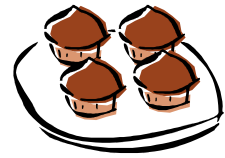
## Mini Meatloaf Muffins

4 servings

Estimated cost per serving: \$1.25

1 large carrot or 10 baby carrots,  
chopped or grated  
 $\frac{1}{2}$  medium onion, chopped  
1 large egg  
 $\frac{1}{2}$  cup skim milk  
1 pkt. (1/2 cup) plain instant oatmeal

1 lb. 93% lean ground beef or  
ground turkey breast  
 $\frac{1}{2}$  cup ketchup  
1 Tbsp brown sugar  
1 tsp mustard



1. Preheat oven to 350° F. Spray a 12-cup muffin tin with cooking spray.
2. Place carrots & onions in a small bowl; cover & microwave for 2 minutes.
3. In a large bowl, combine carrots, onion, egg, milk, and oatmeal; add the ground beef or turkey, mixing well.
4. Spoon the meat mixture into 8 of the muffin cups.
5. In a separate small bowl combine the ketchup, brown sugar and mustard, stirring to mix well. Spread over the top of each mini loaf.
6. Bake, uncovered for 25 - 30 minutes or until a meat thermometer registers 160°F. Let stand for 5 minutes before serving.

Serve 'meatloaf muffins' with a small baked sweet potato and 1 cup steamed broccoli.

**\* Time-saving tip:** When cooled, refrigerate a few leftover 'muffins' to be eaten within 3 - 4 days; enjoy them cold in a sandwich or reheat in the microwave. 'Muffins' can be frozen for up to 3 months; simply reheat in the microwave.

**Nutrition information, per 2 meatloaf 'muffins':** 280 calories, 9g fat, 3.5g saturated fat, 120 mg cholesterol, 460mg sodium, 21g carbohydrate, 2g fiber, 28g protein.

**Good source of vitamin A, Vitamin C, calcium & iron.**

**Pyramid servings: 3 oz. meat,  $\frac{1}{2}$  vegetable**

**Food Safety Note:** To decrease your risk of foodborne illnesses, meats should be **handled and stored correctly** and **cooked thoroughly**. Refrigerate or freeze fresh meats immediately after buying. Use refrigerated raw meats within 1 - 2 days & thaw frozen meats in the refrigerator, NOT on the kitchen counter. Ground beef should be cooked to an internal temperature of **160°F** to kill harmful bacteria (use an 'instant read' thermometer to be sure). Refrigerate or freeze leftovers within 1 hour. For more information, check out [www.fightbac.org](http://www.fightbac.org).

Question or comments??? Contact SHS Nutritionist Rebecca Gruenes, MS, RD at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)

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