









Microwave Meatloaf Muffins

Makes 12 Servings; 2 muffins per serving

Nutrients Per Serving:









260 Calories | 11g Fat (5g Saturated) | 16g Carbohydrates | 3g Added Sugar | 22g Protein | 450 mg Sodium | 2g Fiber

Equipment Needed

 <p>Microwave</p>	 <p>Mixing bowl</p>	 <p>Liquid measuring cup</p>	 <p>Dry measuring cups and spoons</p>	 <p>Silicone cupcake liners</p>
 <p>Glass pie pan, custard cup, wax paper</p>	 <p>Ice cream scoop</p>	 <p>Food thermometer</p>		

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 pound lean ground beef</p>	 <p>1/2 cup milk</p>	 <p>3/4 cup oats</p>	 <p>1 egg or 1/4 cup liquid egg</p>	 <p>1 1/2 teaspoons dry minced onions</p>
 <p>1/2 teaspoon salt</p>	 <p>1/2 cup grated cheddar cheese</p>	 <p>Ketchup (optional)</p>		

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Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Mix lean ground beef, 1/2 cup milk, 3/4 cup oats, 1 egg or 1/4 cup liquid egg, 1 1/2 tsp dried onions, 1/2 tsp salt, and 1/2 cup grated cheese.

3



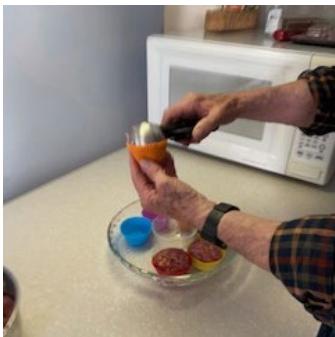
Mix with your hands. You can wear food safe disposable gloves if desired.

4



Place a glass custard cup in the middle of the glass pie pan. Then arrange silicone cupcake liners around the custard cup. Fill the custard cup with water.

5



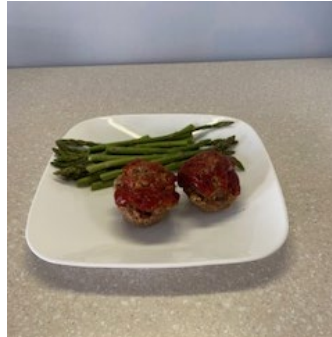
Holding the silicone cup, place the meat mixture into silicone cup liners using an ice cream scoop.

6



Add a little ketchup on each meatloaf muffin, if desired. Cover with wax paper. Place in the microwave and cook on high for 4 minutes. Check the temperature of the meatloaf with a thermometer. If not 160°F microwave for a minute at a time until meat is 160°F.

7



Let muffins cool, then lift them out of the silicone cup onto a plate. Enjoy!