



Mini Meatloaf in a Mug

Servings 1 | Prep time 15 mins. | Total time 17 mins.

Equipment:

Grater

Cutting board

Medium-sized microwave-safe mug (about 15 ounces)

Utensils:

Knife

Mixing spoon or spatula

Measuring cups and spoons

Ingredients

Non-stick spray

1/4 pound lean (85% or leaner) ground beef

2 tablespoons quick-cooking oats

1 1/2 tablespoons reduced sugar and sodium ketchup

1/8 teaspoon salt

1/8 teaspoon black pepper

2 teaspoons low-fat milk

1/3 small onion, diced

1/4 cup carrot, shredded

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Combine all ingredients in a small mixing bowl and stir to mix.
3. Spray microwave-safe mug with non-stick spray.
4. Pat beef mixture into mix. Make a small hole in center, all the way through to the bottom.
5. Microwave on high for 2 minutes, or until meat is thoroughly cooked through and no longer pink.

Nutritional Information:

Calories 290 Total Fat 12g Sodium 580mg Total Carbs 21g Protein 23g