



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

Nutritional Information:

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

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.