



Mini Meatloaf in a Mug

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

Equipment: Measuring Cups and Spoons, Grater, Cutting Board, Microwave-Safe Mug (Medium Sized), Bowl

Utensils: Knife, Mixing Spoon or Spatula

Ingredients

Non-stick spray

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

2 tablespoons quick oatmeal

1 1/2 tablespoons low-sugar ketchup

1/8 teaspoon salt

1/8 teaspoon pepper

2 teaspoons low-fat milk

1/3 onion, diced

1/4 cup carrot, shredded

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
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 (100%) 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

This institution is an equal opportunity provider. <http://www.section508.gov/content/learn>
This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.