



Mini Meatloaf Patties

This simple recipe provides all the flavor of a traditional meatloaf baked into easy-to-make patties.

Ages: 3–5 years
Makes: 6 servings

Prep time: 10 minutes
Cook time: 15 minutes

the INGREDIENTS

- 1 egg, fresh, large
- $\frac{1}{3}$ cup oats, quick, uncooked
- 1 Tbsp onion, dehydrated, chopped (minced onions)
- $\frac{1}{4}$ cup ketchup
- 12 oz beef, ground, 90% lean, fresh or frozen, thawed
- 2 Tbsp barbecue sauce

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. In a large bowl, combine egg, oats, dehydrated onion, and ketchup. Mix.
4. Add ground beef. Mix until well-blended.
5. Divide mixture into 6 even pieces ($2\frac{1}{2}$ oz each or a packed $\frac{1}{4}$ cup) and form into round patties.
6. Place patties onto a baking sheet. Wash hands after touching uncooked ground beef and eggs.
7. Using a rubber spatula, top each patty with barbecue sauce.
8. Bake in the oven for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven.
9. Serve 1 patty. Serve immediately, or keep warm at 140 °F or higher.



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NUTRITION INFORMATION

1 Mini Meatloaf Patty

Nutrients	Amount
Calories	131
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Total Fat	6 g
Saturated Fat	2 g
Cholesterol	59 mg
Sodium	187 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	3 g
Includes Added Sugars	N/A
Protein	11 g
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Vitamin D	N/A
Calcium	19 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

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CACFP CREDITING INFORMATION

1 ½ oz eq meat

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CHEF TIPS

- **Contains eggs.** Barbecue sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame. Some oats may be grown/processed with other wheat products.
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.

