



early childhood community development centre

Meatloaf “Muffins”

Ingredients - Makes 12

- 1-1/2 lbs. lean ground beef
- 3/4 cup oatmeal or dry bread crumbs
- 1/4 cup wheat bran
- 1 can (5.4 oz/160 mL) evaporated 2% milk
- 1 egg
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1-1/2 cups bottled BBQ sauce

Directions

1. Preheat oven to 375 F (190 C).
2. In a large bowl, combine ground beef, oatmeal, bran, milk, egg, chili powder, garlic powder, salt and pepper.
3. Divide mixture evenly among muffin cups, pressing down lightly.
4. Spoon BBQ sauce over each muffin.
5. Bake muffins 25 to 30 minutes.

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