






# Recipe For: Mini-Meat Loaves!

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## Grocery List:






### Main Ingredients:

-  1 LB Ground Beef or Turkey
-  1 package of 6 oz. instant stuffing
-  1 Cup Water

This is for your basic recipe. Now decide which one you'd like to try or try all of them!

- Cheeseburger (My Favorite!)
  - 1 Tsp Thyme - Seasoning Option
  - $\frac{3}{4}$  Cup Ketchup - Filling
  - $\frac{3}{4}$  Cup Shredded Colby Jack Cheese - Cheese Choice
- BBQ
  - 1 Tsp Garlic Powder - Seasoning Option
  - $\frac{3}{4}$  Cup BBQ Sauce - Filling
  - $\frac{3}{4}$  Cup Shredded Cheddar Cheese - Cheese Choice
- Mexican
  - 2 Tsp Chili Powder - Seasoning Option
  - $\frac{3}{4}$  Cup Salsa - Filling
  - $\frac{3}{4}$  Cup Mexican Style Cheese - Cheese Choice
- Italian
  - 1 Tsp Italian Seasoning - Seasoning Option
  - $\frac{3}{4}$  Cup Spaghetti Sauce - Filling
  - $\frac{3}{4}$  Cup Mozzarella Cheese - Cheese Choice

## Inventory:

-  4 medium Mixing Bowls
-  12 cup Muffin Tin
-  Measuring Cup
-  Measuring Spoons
-  Non-stick Cooking spray










= Adult needs to help!



= Kitcheneer approved activity!

Makes 12 servings.

## Cooking Directions:

-  Preheat oven to 375 degrees F.
-  Mix meat, stuffing mix, 1 cup water, and seasoning option until well blended. (Here is where you can split it up and try different kinds, and remember--It's okay to use your hands!)
-  Lightly spray the 12 muffin tins with non-stick spray.
-  Press meat mix into the muffin cups and make an indentation (like a bowl) into the center of each with a spoon.
-  Spoon in your fillings into the center cups of each meatloaf.
-  Bake only 30 minutes or until cooked through!
-  Top with your cheese choice and continue baking 5 minutes or until cheese is melted.

*eat smart, be smart!*