

Mini Meatloaf Patties

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

AGES: 3–5 years

PREP TIME: 25 minutes **COOK TIME:** 15 minutes

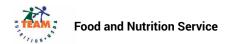
CACFP CREDITING INFORMATION

1½ oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project **TeamNutrition.USDA.gov**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
					 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Eggs, fresh, large		4		8	3 In a large bowl, combine eggs, oats, dehydrated onion, and ketchup. Mix.
Oats, quick, uncooked	4 oz	1 cup	8 oz	2 cups	
Onion, dehydrated, chopped (minced onions)	1 oz	¼ cup	2 oz	½ cup	
Ketchup		1 cup		2 cups	



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Beef, ground, 90% lean, fresh or frozen, thawed	3 lb 4 oz		6 lb 8 oz		4 Add ground beef. Mix until well-blended.
					 Divide evenly into 2½ oz (a packed ¼ cup) patties. For 25 servings, form 25 patties. For 50 servings, form 50 patties.
					6 Place patties onto sheet pan (18" x 26" x 1"). Wash hands after touching uncooked ground beef and eggs. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Barbecue sauce		½ cup		1 cup	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.

NUTRITION INFORMATION

1 Mini Meatloaf Patty

NUTRIENTS Calories	AMOUNT 131
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Includes Added Sugars Protein	6 g 2 g 59 mg 187 mg 9 g 1 g 3 g N/A 11 g
Vitamin D Calcium Iron Potassium N/A = Data not available	N/A 19 mg 1 mg N/A

NOTES

- 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 lunch or supper item that may be higher in sodium or saturated fat.

YIELD/VOLUME				
25 Servings	50 Servings			
Weight: 3 lb 9 oz	Weight: 7 lb 2 oz			
Yield: 25 patties	Yield: 50 patties			