

INGREDIENTS

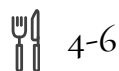
- 1 large egg (or 1/4 cup egg liquid substitute)
- 1/4 cup quick oats, uncooked
- 1 tablespoon chopped onion
- 1/4 cup ketchup
- 1 pound ground beef (90/10)
- 1/4 cup barbecue sauce

INSTRUCTIONS

1. Preheat the oven to 400°F.
2. In a large bowl, combine the egg, oats, onion, and ketchup. Stir well.
3. Mix in the ground beef until everything is well blended.
4. Shape the mixture into 6 small patties (about 1/4 cup each) and place them on a baking sheet. Brush each patty with barbecue sauce.
5. Pop them in the oven for 15 minutes. Ensure the internal temperature reaches 165°F.



Mini Beef Meatloaves



4-6



Prep time 10 minutes

Cook time 15-20 minutes

Mini Beef Meatloaves = Major Flavor Wins!

Perfect for family dinners or meal prepping. Ready in just 15-20 minutes, these mini meatloaves pack all the comfort of a classic dish in a fun-sized portion. Swipe for the recipe and enjoy some delicious bites tonight!

