



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

1 ½ oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Preheat oven to 400 °F. 3 In a large bowl, combine eggs, oats, dehydrated onion, and ketchup. Mix.
Eggs, fresh, large		4		8	
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		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, 90% lean, fresh or frozen, thawed	3 lb 4 oz		6 lb 8 oz		<p>4 Add ground beef. Mix until well-blended.</p>
					<p>5 Divide evenly into 2½ oz (a packed ¼ cup) patties. For 25 servings, form 25 patties. For 50 servings, form 50 patties.</p>
					<p>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.</p>
Barbecue sauce		½ cup		1 cup	<p>7 Using a rubber spatula, top each patty with barbecue sauce.</p>
					<p>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.</p>
					<p>9 Serve 1 patty. Serve immediately, or keep warm at 140 °F or higher.</p>



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

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