Mini Meatloaf Patties

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

AGES: 6–18 years
PREP TIME: 30 minutes
COOK TIME: 15 minutes

CACFP CREDITING INFORMATION
2 oz eq meat

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

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Eggs, fresh, large		5		10	3 In a large bowl, combine eggs, oats, dehydrated onion, and ketchup. Mix.
Oats, quick, uncooked	5½ oz	1⅓ cups	11 oz	2⅔ cups	
Onion, dehydrated, chopped (minced onions)	1⅓ oz	⅓ cup	2⅔ oz	⅔ cup	
Ketchup		1⅓ cups		2⅔ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, 90% lean, fresh or frozen, thawed	4 lb 4 oz		8 lb 8 oz		**4** Add ground beef. Mix until well-blended.
					5 Divide evenly into 3½ oz (a packed ⅓ 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		¾ cup		1½ cups	**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	AMOUNT
Calories	**182**
Total Fat	**8 g**
Saturated Fat	3 g
Cholesterol	79 mg
Sodium	**258 mg**
Total Carbohydrate	**12 g**
Dietary Fiber	1 g
Total Sugars	4 g
Includes Added Sugars	N/A
Protein	**16 g**
Vitamin D	N/A
Calcium	25 mg
Iron	2 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: 5 lb 4 oz Yield: 25 patties	Weight: 10 lb 12 oz Yield: 50 patties