

Food.

MINI MEATLOAVES - 3 VARIATIONS - KRAFT FOOD AND FAMILY MAGAZINE

Recipe by SuperJoku

These are so easy and yummy. I think I used a bowl and a spoon and no cutting! We really loved the crunchy stuffing! This recipe came from the Kraft Food and Family magazine, You will need the ingredients from the 'Base' recipe AND the two ingredients from whichever variation you are making.

READY IN: 45mins

SERVES: 6

YIELD: 12 muffins

UNITS: US

INGREDIENTS

BASE

- 1 lb extra lean ground beef
- 1 (16 ounce) package Stove Top stuffing mix
- 1 cup water
- $\frac{3}{4}$ cup shredded cheddar cheese

VARIATION 1 (AMERICAN-STYLE)

1 **teaspoon garlic powder**

$\frac{3}{4}$ **cup barbecue sauce**

VARIATION 2 (ITALIAN-STYLE)

1 **teaspoon italian seasoning**

$\frac{3}{4}$ **cup spaghetti sauce**

VARIATION 3 (MEXICAN-STYLE)

2 **teaspoons chili powder**

$\frac{3}{4}$ **cup salsa**

NUTRITION INFO	
Serving Size: 1 (285) g	
Servings Per Recipe: 6	
AMT. PER SERVING	% DAILY VALUE
Calories: 511.9	
Calories from Fat 112 g	22 %
Total Fat 12.5 g	19 %
Saturated Fat 5.5 g	27 %
Cholesterol 62.5 mg	20 %
Sodium 1948.6 mg	81 %
Total Carbohydrate 68.2 g	22 %
Dietary Fiber 3.8 g	15 %
Sugars 11.5 g	45 %
Protein 29.9 g	59 %

DIRECTIONS

Pre-heat oven to 375°F.

Mix ground beef, stuffing mix, water, and the powder ingredient from the variation you chose.

Press into 12 muffin cups sprayed with cooking spray.

Make an indentation in center of each meatloaf. With spoon fill indentation with sauce (from chosen variation).

Bake 30 min or until cooked through. Top with cheese, continue baking 5 minutes or until cheese is melted.