

SERVES 6

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These meaty “muffins” are a favorite of kids and adults. Instead of making the sauce, substitute 1 cup (250 mL) of your favorite prepared barbecue sauce.

**TIP**

If your kids don't like onion pieces in the sauce, substitute ¼ tsp (1 mL) onion or garlic powder. Limit use of onion and garlic salt, as they add unnecessary sodium.

**DIETITIAN'S MESSAGE**

Adding wheat bran is a great way to boost the fiber content of meat loaf, meatballs and hamburgers. Use about ¼ cup (50 mL) per 1½ lb (750 g) ground meat. Adding canned evaporated milk or skim-milk powder helps to increase calcium.

# Meat Loaf “Muffins” with Barbecue Sauce

Preheat oven to 375°F (190°C)

12 cup muffin tin, greased

## Meat Loaf “Muffins”

1½ lb	lean ground beef	750 g
¾ cup	oatmeal or dry bread crumbs or cracker crumbs	175 mL
¼ cup	wheat bran	50 mL
1	can (5.4 oz/160 mL) 2% evaporated milk	1
1	egg	1
1 tsp	chili powder	5 mL
½ tsp	garlic powder	2 mL
¼ tsp	salt	1 mL
¼ tsp	black pepper	1 mL

## Barbecue Sauce

1 cup	ketchup	250 mL
¼ cup	finely chopped onion	50 mL
2 tbsp	brown sugar	25 mL
½ tsp	hot pepper sauce (optional)	2 mL

1. Meat Loaf “Muffins”: In a large bowl, combine ground beef, oatmeal, bran, milk, egg, chili powder, garlic powder, salt and pepper. Divide mixture evenly among muffin cups, pressing down lightly.
2. Barbecue Sauce: In another bowl, combine ketchup, onion, sugar and, if using, hot pepper sauce. Spoon about 1 tbsp (15 mL) sauce over each muffin.
3. Bake in preheated oven for 25 to 30 minutes or until meat is no longer pink in center.

**PER SERVING**

Calories : 396

Dietary Fiber: 3 g

Fat: 19 g

Carbohydrate: 29 g

Protein: 27 g