

Meatloaf in a Mug

Nutrition Facts:	
Yield	1
Calories	250
Fat	7 g
Sodium	440 mg

Code
\$, Q, RH



Ingredients Needed:

2 Tbsp. skim milk
1 Tbsp. ketchup
2 Tbsp. quick-cooking oats
1 tsp. onion soup mix
¼ pound ground beef

Recipe Directions:

- In a small bowl, combine the milk, ketchup, oats, and soup mix. Crumble beef over mixture and mix well. Pat into a microwave-safe mug or custard cup coated with cooking spray.
- Cover and microwave on high for 3 minutes or until meat is no longer pink and a thermometer reads 165 degrees; drain.
- Let stand for 3 minutes.