

# Awesome Mini Meatloaf Recipe

## Ingredients

Ground beef, lean, 16 oz

Flour, white, .5 oz

Egg, fresh, 1 large

Milk, nonfat, .75 cup

Cheddar or Colby Cheese, Low Fat, 1 cup, shredded

Kraft Light Barbeque Sauce or any other light sauce, 16 tbsp

Onions, raw, 1 cup, chopped (remove)

## Directions

mix ingredients except sauce. Roll meat into 6 small loaves, then mix in each person's favorite sauces individually. Bake for 45 min then top with melted cheese.