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.
Number of Servings: 6