

Meatloaf Muffins Recipe using Quaker® Life Cereal

Ingredients

- 1 lb. lean hamburger
- 2 cup crushed Quaker® Life Cereal
- 2 eggs
- 1 can tomato sauce
- 1 cup diced onion
- 1 cup diced green pepper
- 1 tsp olive oil
- 1 pkg meatloaf seasoning mix
- Ketchup

Directions

- Preheat oven to 350 degrees.
- Put olive oil in small pan.
- Dice onion and green pepper and saute for 2-3 minutes. Remove from heat and allow to cool.
- Meanwhile put all the ingredients in a large bowl except ketchup.
- Add onion and green peppers.
- Now get in there with your hands and mix it all together (tip: remove rings).
- Scoop the meatloaf mixture into the muffin pan.
- Put 2-3 tbs of ketchup on top of meatloaf and tent aluminum foil over the muffins.
- Place in center of oven and bake for 20-25 minutes. Remove the aluminum foil and continue baking for an additional 10-15 minutes.
- Allow to cool for 3 minutes before serving.

Serves 12.