

Mini Meatloaves

Recipe by: Texas Beef Council, modified by the O'Connor clan

Servings: 5

Amount	Ingredient	Prep Notes
1 pound	hamburger	
1 teaspoon	onion powder	
1/2 teaspoon	garlic powder	
1/2 teaspoon	Italian seasoning	
pinch	pepper	
1/2 cup	panko	can substitute normal bread crumbs
1/4 cup	Parmesan	
1	egg	
	ketchup	

- preheat oven to 400
- mix all ingredients except ketchup in large bowl
- form into 8-10 small balls; place on baking sheet and flatten slightly
- bake 15-20 minutes; internal temperature to 160; cover in ketchup and cook an additional 5 minutes