

## **Mini Meat Loaves (Makes 8 servings)**

2 eggs

1/2 cup uncooked bulgar (a whole wheat product available in the bulk section or natural foods aisle)

10 ounces mashed winter squash—acorn or butternut (available in freezer section [thaw before adding] or use leftover cooked and mashed winter squash)

1 envelope onion soup mix

1/4 teaspoon garlic powder

1/4 teaspoon pepper

1 pound lean ground beef

Preheat oven to 350°. Prepare a 13 x 9 pan by lightly oiling or spraying with non-stick cooking spray. Beat eggs in a bowl; then add all remaining ingredients except ground beef. Mix well. Add ground beef and combine with other ingredients using your hands. Then divide mixture into 4 sections and shape into loaves. Place each loaf in the pan at least 1/2-inch apart.



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Bake 40 minutes or until cooked through. To freeze loaves to use later, remove from oven after 25 minutes, cool a bit, then wrap and freeze. Frozen loaves should be thawed in the refrigerator the night before and baked 30 minutes or until heated through.

### **Nutrition Information**

Per serving (one half loaf): Calories: 188, Fat: 10 gm; Saturated Fat: 3.2 gm; Carbohydrate: 10 gm; Sodium: 132 mg; Fiber: 3 gm

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