



Ingredients

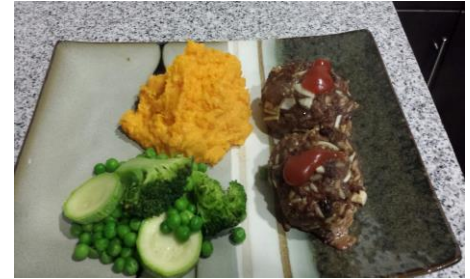
Approx. 8 meatloaves
2 per serve

1 lb lean ground beef
(preferably grass fed)
1 onion
1-2 tsp curry powder
1 large egg
1 cup cooked rice
1/3 cup raisins
Tomato relish or
ketchup (optional)

*Ground turkey could be used
as an alternate protein source.

Directions

- 1) Set oven to 350°F (180°C).
- 2) Chop the onion finely.
- 3) Mix all ingredients thoroughly other than the sweet pickle / chutney.
- 4) Divide the mixture into 8 portions, form each portion into a ball with your hands and place on an oven tray with a small gap between each ball.
- 5) Bake in oven for 25 minutes. Remove tray from oven and place a teaspoon of relish/ketchup on top of each ball. Place back in oven for a further 5 minutes.
- 6) Serve with mashed sweet potato and steamed greens or a salad.



Mini Meatloaves

Amount	4 serves
Calories	300
Fat (g)	10
Sat. Fat (g)	2
Carb. (g)	27
Fiber (g)	1
Protein (g)	30
Gluten free, Dairy free.	

For Sport Nutrition Questions, contact:

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Food Fact

Lean beef is an excellent source of protein, iron (used for oxygen transport) and zinc.

Cooking Tip

This recipe can be a good way of using leftover cooked rice.

The meatloaves can be frozen for later use or consumed cold with a salad.

Carbohydrate content of this meal can be increased by serving with potato / sweet potato.

Herbs and pepper can be used to improve the flavor of the meatloaves.

