

### Ingredients

Preparation time: 30 minutes

Servings: 8

1 lb. lean ground beef  
(preferably grass fed)

1 small onion, diced

1-2 tsp. curry powder

1 large egg

1 cup cooked rice

1/3 cup raisins

Tomato relish or ketchup  
(optional)

### Directions

1. Set oven to 350°F.
2. Dice 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 or ketchup on top of each ball. Place back in the oven for a further 5 minutes.
6. Serve with mashed sweet potato and steamed greens or a side salad.



### Cost per serving:

\$ = < \$5, \$\$ = \$5-10, \$\$\$ = > \$10

Mini Meatloaves	
Amount	¼ of total dish
Calories	300
Fat (g)	10
Sat. Fat (g)	2
Carb. (g)	27
Fiber (g)	1
Protein (g)	30
Gluten free, Dairy free.	

### USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD

[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)

Liz Broad, PhD, AdvSpDiet

[elizabeth.Broad@usoc.org](mailto:elizabeth.Broad@usoc.org)

Alicia Kendig, MS, RD, CSSD

[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)

Susie Parker-Simmons, MS, M.ed

[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)

### Cooking Tip

This recipe can be a good way of using leftover cooked rice by mixing into the meatloaf. Serving the meatloaves with a side of roasted potato or sweet potato can increase the carbohydrate content. Ground turkey could be substituted as a leaner protein source. Use this recipe during meal prep and enjoy throughout the week.

### Performance Facts

Lean beef is an excellent source of protein, iron (used for oxygen transport) and zinc. Grass-fed beef has a higher concentration of conjugated linoleic acid (CLA), which early research suggests might play a role in blood glucose and body weight control, as well as being potentially anti-inflammatory.

