

Making it delicious

Mini Meatloaves



Ingredients

- 1 lb. ground beef or turkey
- 1 egg
- 1-2 cups finely chopped veggies (mushrooms, spinach, carrot, zucchini, cauliflower, pepper, etc.)
- ½ onion, diced*
- 1-2 cloves garlic, minced*
- ½ tsp. salt
- ½ tsp. dried thyme
- 2-3 tsp. Dijon mustard or Worcestershire sauce

Optional: BBQ sauce or ketchup to brush on top



Recipe adapted from thenaturalnurturer.com

Instructions

- Preheat oven to 400° F. and grease a muffin tin with a little oil to prevent sticking.
- In a large bowl combine all of the ingredients except for the optional BBQ sauce or ketchup.
- Fill muffin pan holes with the mixture (about 1/4 cup each); recipe yeilds between 6 and 9 mini meatloaves.
- If desired, brush tops with BBQ sauce or ketchup.
- Bake for 20-25 minutes or until meat reaches an internal temperature of 165° F.
- The meatloaves will release some water as they cook.