

Quick and Easy Mini Meatloaf

Cooking meatloaf in a muffin tin makes it easy to freeze and reheat extras for another meal. Serve with mashed potatoes and cooked carrots for a balanced meal.



Ingredients:

1 lb	Ground beef	454 g
½ cup	Dry bread crumbs	125 mL
1 envelope	Onion soup mix	1 envelope
½ cup	Ketchup or BBQ sauce	125 mL
2 medium	Eggs	2 medium
1 tsp	Garlic powder	5 mL
1 Tbsp	Parsley flakes	15 mL
1 tsp	Pepper	5 mL
½ cup	Cheddar cheese, grated	125 mL

Directions:

1. Preheat oven to 375°F (190°C). Lightly spray 12 muffin tins with non-stick cooking spray.
2. Combine beef, bread crumbs, onion soup mix, ketchup, eggs, garlic powder, parsley flakes and pepper. Mix well.
3. Fill muffin tins with meat mixture.
4. Bake in 375°F oven for 25–30 minutes, or until internal temperature is at least 160°F (71°C).
5. Sprinkle meatloaves with cheese and return to oven just long enough to melt the cheese.

Makes 6 servings (2 mini meatloaves, 110 g)

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Nutrition Facts

Per 1/6 of recipe (2 mini meatloaves/ 110 g)

Amount	% Daily Value
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Calories 260

Fat 13 g	9 %
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Saturated 6 g	13 %
+ Trans 0 g	

Cholesterol 105 mg

Sodium 930 mg	20 %
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Carbohydrate 17 g	3 %
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Fibre 1 g	4 %
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Sugars 6 g

Protein 20 g

Vitamin A	8 %
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Vitamin C	6 %
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Calcium	10 %
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Iron	15 %
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