

Mini Meatloaf Muffins

Serves 6 (12 mini meatloaves; 2 per serving)

Ingredients:

- 1 pound extra lean ground beef, such as ground sirloin
- 1 tablespoon grill seasoning
- 1 large egg, beaten
- 1 small yellow onion, finely chopped
- ½ small green bell pepper or 1 rib of celery, chopped
- ⅔ cup plain bread crumbs
- 2 (8-ounce) cans no-salt-added tomato sauce
- 1 tablespoon brown sugar
- 1 tablespoon each yellow mustard and white vinegar
- ¼ cup water



Directions:

1. Lightly mix ground beef, grill seasoning, beaten egg, onion, bell pepper or celery, bread crumbs, and one can of tomato sauce together.
2. Spray a 12-cup muffin tin with cooking spray. Spoon meatloaf mixture evenly into the muffin cups.
3. In a small bowl, prepare the sauce by mixing the remaining can of tomato sauce, brown sugar, mustard, vinegar, and water together; top each meatloaf muffin with 1 tablespoon of the mixture.
4. Bake meatloaf muffins approximately 25 to 30 minutes or until cooked through in a 350°F oven.
5. Top each meatloaf muffin with an extra tablespoon of sauce about 8 minutes before removing from oven.
6. Remove meatloaf muffins from oven and let sit 5 minutes; remove from muffin cups and serve.
7. Refrigerate leftover meatloaf promptly and use within 3 days.

Nutrition Facts Per Serving:

202 calories
8 g total fat
3 g saturated fat
15 g total carbohydrate
16 g protein