

## Mini Meatloaf Muffins

4 servings

### *What you need:*

1 large carrot or 10 baby carrots, 1 lb. 93% lean ground beef or chopped or grated ground turkey breast  
½ medium onion, chopped ½ cup ketchup  
1 large egg 1 Tbsp brown sugar  
½ cup skim milk 1 tsp mustard  
1 pkt. (1/2 cup) plain instant oatmeal



### *All you do:*

1. Preheat oven to 350° F. Spray a 12-cup muffin tin with cooking spray.
2. Place carrots & onions in a small bowl; cover & microwave for 2 minutes.
3. In a large bowl, combine carrots, onion, egg, milk, and oatmeal; add the ground beef or turkey, mixing well.
4. Spoon the meat mixture into 8 of the muffin cups.
5. In a separate small bowl combine the ketchup, brown sugar and mustard, stirring to mix well. Spread over the top of each mini loaf.
6. Bake, uncovered for 25 - 30 minutes or until a meat thermometer registers 160°F. Let stand for 5 minutes before serving.

Serve 'meatloaf muffins' with a small baked sweet potato and 1 cup steamed broccoli.

\* Time-saving tip: When cooled, refrigerate a few leftover 'muffins' to be eaten within 3 – 4 days; enjoy them cold in a sandwich or reheat in the microwave.

'Muffins' can be frozen for up to 3 months; simply reheat in the microwave.

Nutrition information, per 2 meatloaf 'muffins':

280 calories, 9g fat, 3.5g saturated fat, 120 mg cholesterol, 460mg sodium, 21g carbohydrate, 2g fiber, 28g protein