



Meat Loaf Muffins

Adapted from Cooking Light

BAH Note: I was really impressed by the moistness of these morsels. I used a combination of ground bison and extra lean sirloin which could have been a recipe for a dry disaster of a meatloaf. But the ketchup, mustard, and sautéed vegetables kept that from happening.

The original CL recipe called for 2 eggs to be used as a binder which I thought might be too much. So I wasn't exactly surprised to see what looked like cooked egg whites around the outside of the meatloaves. I would suggest starting with one egg and having it be the last ingredient you add to the ground beef mixture. If it seems dry after you incorporate it, then add a second egg or maybe just a yolk.

The very best thing about these muffins is that with only about 20 minutes of prep time and less than 30 minutes in the oven, you've got dinner ready and leftovers to use for another meal. Thanks Cooking Light.

- 1 teaspoon olive oil
- 1 cup diced onion
- 1/2 cup diced carrot
- 1 teaspoon dried oregano
- 1 cup ketchup
- 1 1/2 pounds extra lean ground beef
- 1 cup bread or cracker crumbs
- 2 tablespoons yellow mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- kosher salt
- 1 large egg, beaten

Heat the oven to 350 degrees and spray a 12 cup muffin tin with nonstick cooking spray.

Heat the olive oil in a large skillet over medium high heat. Add the diced vegetables, dried oregano, and a pinch of kosher salt. Saute for 3 to 5 minutes until the vegetables just start to soften a bit. Remove the skillet from the heat and cool the vegetables.

Once the vegetables have cooled, combine the ground beef, 1/2 cup of the ketchup, and all remaining ingredients in a large bowl. Use your hands to make sure all the ingredients are well combined.

Use a spoon or ice cream scoop to portion the ground beef mixture into the prepared muffin pan. Top the mini meatloaves with the remaining ketchup. Bake for 25 to 30 minutes or until a thermometer inserted into the center of a meatloaf registers 160 degrees. Let the meatloaves rest for 5 minutes before carefully removing them from the muffin tin and serving.

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