

MEATLOAF MUFFINS



INGREDIENTS:

- 1 lb 90/10 ground beef or turkey
- 1/2 cup chopped carrots
- 1 cup chopped mushrooms
- 2 garlic cloves
- 1 small onion
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 1/4 tsp salt
- 2 egg whites
- 1/2 cup quick oats

Topping:

- 1/4 cup tomato paste
- 1 tbsp 0 calorie brown sugar

DIRECTIONS:

1. Preheat oven to 425 F
2. Chop carrots, mushrooms, garlic, and onion very small
3. Heat a pan on medium heat, lightly spray with cooking spray
4. Add chopped onion and garlic to the pan, cook until onion starts to soften
5. Add mushrooms and carrots, cook until the mushrooms release all their moisture and the carrots are soft (~7 minutes)
6. Allow the veggies to cool for ~10 minutes
7. Add ground meat, 2 tbsp tomato paste, Worcestershire sauce, egg whites, quick oats, and salt to a large bowl. Mix well
8. Once veggies cool add and mix them into the meat mixture
9. Lightly spray a muffin pan with cooking spray, split the mixture into 9 servings (~2.5 oz in each)
10. In a small container mix 1/4 cup tomato paste with 1 tbsp 0 calorie brown sugar. Top each muffin with the mixture
11. Bake for 20-25 minutes or until internal temperature reaches 165 F

Enjoy!

Makes 9 Meatloaf Muffins | Macros for 1:
Calories: 143 | Protein: 16 g | Carbs: 6 g | Fat: 6 g | Fiber: 1 g