Meatloaf Muffins

- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 cup ketchup, divided
- 1 1/2 pounds ground beef, extra lean (raw)
- 1 cup finely crushed fat-free saltine crackers (about 20)
- 2 tablespoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground black pepper
- 2 large eggs
- Cooking spray

Preparation

Preheat oven to 350°.

Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion, chopped carrot, dried oregano, and minced garlic; sauté 2 minutes. Cool.

Combine onion mixture, 1/2 cup ketchup, and the remaining ingredients except cooking spray in a large bowl.

Spoon the meat mixture into 12 large muffin cups coated with cooking spray. Top each by piping approximately 2 tablespoons of mashed potatoes. Then pipe ketchup on the top to mimic decorative icing. Bake at 350° for 25 minutes. Let stand for 5 minutes.

Maggie Mayes

Protein

Upshur County

Junior