

Meat Loaf Muffins

Makes 6 servings (2 muffins per serving)



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| 1 tsp vegetable oil | 1 T worcestershire sauce |
| 1 c finely chopped onion | 1 T cider vinegar |
| 1 c finely chopped carrot | 1 Tbsp minced garlic |
| 2 Tbsp prepared mustard | 2 large eggs |
| 1 1/2 pounds fresh ground beef, 10% fat | 2 t Mrs. Dash spice blend |
| 1 c crushed saltine crackers, unsalted (about 20) | 1/4 cup ketchup |

Heat the vegetable oil in a large nonstick skillet over medium high heat. Add chopped onions and chopped carrot; sauté covered on medium-high heat for 4-5 minutes.

Combine onion mixture, mustard, beef, crushed crackers, worcestershire sauce, cider vinegar, garlic, eggs, and Mrs. Dash in a large bowl.

Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with about 1 tsp ketchup. Bake at 350°F for 20-25 minutes or until thermometer registers 155. Let stand for 5 minutes.

Nutrition Information per serving (2 muffins): 320 calories, 15g fat (6g saturated fat), 26g protein, 400mg sodium. Excellent source of vitamin A and Iron.

