

Diner Meat Loaf "Muffins"

Sit down to a meat loaf in a half hour with this recipe. Serve with steamed green beans and roasted potato wedges for an at-home version of a blue-plate special.



Becky Luigart-Stayner

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

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 muffin cups coated with cooking spray. Top each with 2 teaspoons ketchup. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

Yield: 6 servings (serving size: 2 "muffins")

CALORIES 276(28% from fat); FAT 8.6g (sat 3g,mono 4g,poly 0.8g); PROTEIN 28.7g;
CHOLESTEROL 131mg; CALCIUM 48mg; SODIUM 759mg; FIBER 1.8g; IRON 3.9mg;
CARBOHYDRATE 21.7g
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