

# meatloaf cupcakes

Serves: 6

Prep and Cook time: 35 min

Per serving: 243 calories, 16 g fat, 187 mg sodium

1 lb ground beef

1 egg

2 slices multigrain bread,  
grated (about 2/3 cup  
breadcrumbs)

1/4 cup barbecue  
sauce, plus extra for  
basting

1. Preheat the oven to 350° F. Line 12 cups of a muffin tin with foil liners.
  2. In a large bowl, combine the beef egg, bread crumbs, and 1/4 cup barbecue sauce. Divide the mixture evenly among the muffin cups.
  3. Brush the tops with a little barbecue sauce and bake until cooked through, 20 to 25 minutes. Towards the end of the baking time, baste the 'cupcakes' with barbeque sauce again. Remove from the oven and let rest.
  4. Optional for the "icing" spoon some warmed mashed potato into a large ziplock bag. Cut off the tip of one of the bottom corners and pipe the potato onto the top of each meat loaf in a swirling motion to ice your 'cupcakes'. You can also put some more barbeque sauce on top of the 'cupcake' if it seems too dry.
- Vary It! The options are endless, but some great smuggling ideas are finely chopped celery onion, grated carrot, and beets seasoned with fresh thyme.

For a more traditional meatloaf, you can cook this recipe as a free-form loaf. Follow the same directions on how to prepare the meat and then simply put the ground beef and bread crumb mixture in a glass baking dish and cook for 50 minutes to 1 hour.

