



## Mini Meatloaf Muffins

12 servings

Recipe courtesy of [tastbetterfromscratch.com](http://tastbetterfromscratch.com)

### Ingredients

1 1/2 lbs. lean ground beef (or turkey)  
2/3 cup panko bread crumbs (use GF if needed)  
1/2 cup onion, chopped fine  
1 tbsp. BBQ sauce  
1 tbsp mustard (I used Honey Dijon)  
1/2 tsp. Garlic powder  
1 1/2 tsp. Chili powder  
1/2 tsp. Salt  
1/2 tsp. Freshly ground pepper  
1 egg, lightly beaten

### Meatloaf Sauce

1/3 cup light brown sugar  
1/2 cup ketchup  
2 tsp. Dijon mustard  
1/4 tsp, ground nutmeg

### Instructions

Preheat oven to 350 degrees.

In a large mixing bowl (using your hands or large spoon) mix ground beef, breadcrumbs, onion, BBQ sauce, mustard, chili powder, garlic powder, salt, pepper and egg.

Divide mixture into the 12 cups in a standard muffin tin, pressing them down to fill the tin. (I must made a rounded meatball and placed in tin). Bake for 15 minutes.

While they are cooking, mix together the sauce ingredients.

Remove the meatloaf from oven and use a paper towel to soak up any grease on the meatloaf.

Generously spoon the sauce over each little meatball. Return to oven for another 10-15 minutes or until the meat is cooked through.

Serve with mashed potatoes and extra sauce.

138 calories per serving.