



Meatloaf Muffins



prep time
10 minutes



total time
40 minutes



servings
12

Ingredients

- 1 tablespoon olive or avocado oil
~ 1 serving fat
- ½ cup white or yellow onion, diced small, ~ ½ veggie serving
- 2 teaspoons garlic, minced
- 1 ½/675 grams pounds lean ground beef ~ 19 protein servings
- ½ cup almond flour ~ 2 fat servings
- 2 teaspoons worcestershire sauce
- 2 large eggs ~ 2 protein servings, 2/3 fat serving
- 1 ¼ teaspoon salt
- 2 teaspoons dried parsley
- 2 teaspoons dried thyme
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ½ cup + 3 tbs ketchup
~ 2 carb serving

 simple protein

Instructions

- 1 Preheat the oven to 375 degrees.
- 2 Add oil to a skillet on the stovetop at medium to medium-high heat. Once hot, add diced onion to the skillet. Sauté until onion is tender. Then stir in garlic. Sauté until garlic is a light golden brown, about one minute.
- 3 In a large bowl, combine the ground beef, onion, minced garlic, almond flour, 3 tablespoons of ketchup, worcestershire sauce, eggs, salt, parsley, thyme, onion powder, and pepper. Use clean hands or a spatula to mix everything together until well combined.
- 4 Lightly spray a 12-cup muffin pan with your favorite non-stick spray or oil
- 5 Add the meat mixture into the sprayed muffin cups. Use your hands or a spatula to pack the meat into each cup.
- 6 Bake for 20 minutes.
- 7 Remove from the oven. Use a spoon or paper towel to remove any grease that has pooled at the top of the mini meatloaves. Spoon the remaining ½



cup ketchup over the tops of the muffins. Place back in the oven and bake for another 5 minutes.

- 8 When finished cooking, let the meatloaves rest for a few minutes (they'll soak up some of the liquid in the bottom of the muffin cup during this time). Top with chopped parsley (optional) before serving.

Whole Recipe Breakdown:
21 Servings Protein
2 Servings Carb
3 2/3 Servings Fat
1/2 Serving Veggies

