

Mini Meatloaf

- 1 teaspoon olive oil
- 1 cup onion, finely chopped
- 1/2 cup carrot, finely chopped
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1/2 cup ketchup
- 1 1/2 pounds ground beef, extra lean
- 1 cup bread crumbs
- 2 tablespoons mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- 2 large eggs
- 4 cups potatoes, peeled and cubed (about 2 pounds)
- 1/2 cup evaporated non-fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons fresh chives, chopped

Preheat oven to 350°. Sauté chopped onion, carrot, dried oregano and garlic in olive oil on medium-high heat for 2 minutes. Cool.

Combine onion mixture, 1/2 cup ketchup, ground beef, bread crumbs, mustard, Worcestershire sauce, pepper and eggs in a large bowl. Spoon the mixture into 12 muffin cups coated with cooking spray. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes .

Make the mashed potatoes while the meatloaf is cooking. Place potatoes in a saucepan and add just enough water to cover potatoes. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender. Drain. Mash while adding milk, salt and pepper. Put the potatoes into a pastry bag with a wide star tip and pipe the mashed potatoes on top of each mini meatloaf. Garnish with chives. Makes 12 servings

Nutrition information per serving: 188 calories, 15 grams protein, 7 grams fat, 16 grams carbohydrate, 333 mg sodium.



America's Leader in Bariatric Surgery

www.barixclinics.com | www.barixclinicsstore.com | 800-282-0066