



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
that are Easy & Nutritious!*
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Mini Meatloaves

Serves 6 (2 muffins each)

Ingredients:

- 1 lb. grass-fed ground beef
- ½ cup finely diced sweet onion
- ½ cup shredded carrots
- ¼ cup whole-wheat panko bread crumbs
- 3 Tbsp. ground flaxseed
- ¼ cup beer (ale, lager, or stout)
- ¼ cup Maple BBQ Sauce (See recipe within directions)

Maple BBQ Sauce Ingredients:

- 1 cup ketchup
- ½ cup maple syrup
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon dry mustard
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke

Directions:

1. Preheat the oven to 350° F. Lightly coat the wells of a 12-cup muffin tin with cooking spray.
2. In a large mixing bowl combine all the ingredients, except the prepared maple BBQ sauce, and mix well.
3. Divide the meat loaf mixture into 12 portions and pack it into the wells of the prepared muffin tin.
4. Bake at 350° F for 20-25 minutes, or until the meatloaf muffins are thoroughly cooked.
5. Prepare the Maple BBQ Sauce: Combine all the ingredients in a small sauce pan and cook over medium heat. Stir frequently, until the sauce is about to boil. Then lower the heat and simmer for 20 minutes.
6. Arrange the meatloaf muffins on plates and drizzle with the Maple BBQ sauce. Serve.

Recipe is from Molly Morgan's Book – Skinny-Size It (Harlequin Non-Fiction 2014)
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