



Gluten-Free Meatloaf Cupcakes

INGREDIENTS (serving size: 8)

- Vegetable oil cooking spray
- 1 pound extra lean ground beef
- ½ cup onion, finely chopped
- ¾ cup carrot, finely chopped (approx. 2 large carrots)
- ½ teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1 cup gluten-free, plain breadcrumbs
- 1 large egg
- 2 medium sized potatoes
- 2/3 cup fat-free milk
- 2 teaspoons olive oil
- 2 tablespoons parsley, chopped
- ½ cup ketchup

NUTRITION INFORMATION: 190 Calories; 5 grams Fat; 1.5 grams Saturated Fat; 55 mg Cholesterol; 350 mg Sodium; 22 grams Carbohydrates; 7 grams Sugar; 2 grams Fiber; 15 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. Spray muffin tin with cooking spray.
2. In a large bowl, combine ground beef, onion, carrot, garlic powder, ground black pepper, breadcrumbs, and egg. Press 1/3 cup of mixture into a muffin tin. Repeat 7 times. Bake 25 minutes or until slightly browned and inside temperature of muffin is 160. Remove from tin and allow to cool.
3. Peel potatoes and place in a medium-sized microwave safe bowl. Cook for 10 minutes on high. Add fat free milk and olive oil to potatoes and mix with a hand mixer.
4. Top cupcakes with 1 tablespoon ketchup. Divide mashed potatoes between meatloaf cupcakes (dollop or use piping bag) and “frost” the meatloaf cupcakes. Sprinkle mashed potatoes with chopped parsley.

Chef Note: If gluten allergies or intolerance is not an issue for you or your family, then regular plain breadcrumbs will work.