



Mini Meatloaf Cupcakes

Submitted By: Wildtree from Warwick, RI

Number of Servings: 6

Ingredients:

1/3 cup oats

1/4 cup panko breadcrumbs

1 tablespoon Wildtree Hearty Spaghetti Sauce Blend

1 teaspoon Wildtree Scampi Blend

1 pound lean ground beef

1 egg, beaten

1/3 cup ketchup

3 medium russet potatoes, peeled and cubed (about 4 cups)

2 tablespoons butter

1/4 cup Greek yogurt

1/2 cup low fat milk

1/2 teaspoon Wildtree Rancher Steak Rub

2 teaspoons Wildtree Garlic & Herb Blend

Method of Preparation:

Preheat oven to 375°F. In a bowl combine the oats, breadcrumbs, Hearty Spaghetti Sauce Blend, and Scampi Blend. Add the ground beef, egg, and ketchup. Use your hands to work together all of the ingredients. Divide mixture among a 6 mold muffin tin. Bake for 20 minutes. Meanwhile add potatoes to a pan and cover with water. Bring to a boil. Cook for 10 minutes or until potatoes are fork tender. Drain and transfer to a bowl.

Add butter, Greek yogurt, milk, Rancher Steak Rub, and Garlic & Herb Blend. Mash until smooth. Top each mini meatloaf with mashed potatoes, or pipe on like frosting. Garnish with chives if desired.

Nutritional Information:

Calories: 350

Fat: 13g

Saturated Fat: 6g

Carbohydrates: 36g

Fiber: 3g

Protein: 22g

Cholesterol: 90mg

Sodium: 370mg