



mini meatloaves

Servings: **6 servings**

Ingredients

- 1 1/2 lbs lean ground beef (5% fat or less)
- 1 onion, chopped
- 1 small green pepper, seeded and chopped
- 1/4 cup + 6 tbsp ketchup
- 1 tbsp yellow mustard
- 1 large egg, lightly beaten
- 2 tbsp cornmeal
- 1 garlic clove, minced
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 5 point plus per serving

Directions

1. Preheat the oven to 350 degrees F. Spray a medium baking sheet with canola nonstick spray.
2. Combine the beef, onion, bell pepper, 1/4 cup of the ketchup, the mustard, egg, cornmeal, garlic, oregano, salt, and ground pepper, mixing just until blended. Form into 6(2 1/2x4 1/2") oval loaves. Transfer the loaves to the baking sheet. Spread 1 tbsp of the additional ketchup over the top of each loaf. Bake until an instant-read thermometer inserted into the center of each loaf registers 160 degrees F, 40 -45 minutes. Let stand about 5 minutes before serving

Printed from **Key Ingredient**

Direct recipe link: <https://www.keyingredient.com/recipes/10570629/mini-meatloaves/>