



## Magical Meatloaf Muffins



### SHOPPING LIST

- 1.5 lbs ground beef
- 1 tbsp Worcestershire Sauce
- 1/2 cup bread crumbs
- 1 cup ketchup - divided
- 1/2 onion
- 1 tbsp minced garlic
- 1 tbsp Olive Oil
- 1 egg
- 1 tsp Thyme
- 1 tsp Oreganosalt/pepper to taste

### INSTRUCTIONS

- Preheat oven to 350.
- Place cast iron muffin pan, or any other muffin pan in oven to let it heat up as oven warms.
- Saute onion with olive oil until onion becomes translucent.
- Turn off heat and add garlic.
- Mix and leave in pan for 4 minutes.
- In a large mixing bowl, combine beef, worchestershire sauce,
- bread crumbs, 1/2 the ketchup, egg, thyme, oregano, salt, pepper and onion/garlic mixture.
- Mix with gloved hand or however you prefer.
- Scoop 1/2 cup of meat mixture into hot muffin pan. (should hear a slight sizzle).
- Place in oven at 350 for 20 minutes.
- Remove from oven, top each muffin with remaining ketchup, place in oven for another 10 minutes. Ready to enjoy!