

Meatloaf Muffins

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Yield: 12 meat muffins

1 box Stove Top stuffing mix

1 cup water

1/4 cup ketchup

2 egg whites, slightly beaten

1 pound ground beef or ground turkey

Preheat the oven to 350 degrees.

Place one-half the stuffing mix in a blender or food processor. Pulse to reduce the size of the larger chunks. Repeat with the remaining stuffing mix.

Place the stuffing mix in a large mixing bowl. Add water while stirring the mixture.

Add the ketchup. Mix well. Add the egg whites, again mixing well. Add the ground beef and mix lightly.

Measure rounded 1/3 cups of the mixture into twelve lightly greased muffin tins. (If you like them larger, use 1/2 cup measures, which should make 9 or 10 meat muffins.)

Bake for 35 minutes or until an instant-read thermometer reads 160 degrees.

Remove from the tins and serve.

VARIATIONS

*** Try dissolving beef bouillon cubes in the water to give it a different flavor.*

*** Add two tablespoons of diced onion after cooking in the microwave to soften.*

*** Chop two tablespoons of green pepper or celery (or both) and soften these in the microwave before adding to the meat.*

*** Stir 3 or 4 tablespoons of Parmesan cheese into the meat mixture. It requires one more tablespoon of water.*

Per Serving (excluding unknown items): 96 Calories; trace Fat (1.8% calories from fat); 8g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 828mg Sodium. Exchanges: 1 Lean Meat; 1 Other Carbohydrates.