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Muffin Tin Meatloaves



TOTAL TIME:
30 Minutes

**SERVING
SIZE:**
9 People

PREP TIME: 10 Minutes **COOK TIME:** 20 Minutes

featuring:



Ingredients:

- 1 O Organics® egg
- 1/2 cup O Organics® salsa, plus more
- 1 lb O Organics® lean ground beef
- 1 tsp chili powder
- 1/2 tsp salt
- 1/2 cup quick-cooking oats
- 9 Tbs shredded cheddar cheese

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Directions:

1. Preheat oven to 400°.
2. In a medium bowl, add egg, salsa, chili powder and salt, whisking with a fork to combine. Stir in oats. Fold in ground beef gently until all ingredients are evenly incorporated into the beef.
3. Coat a muffin tin with nonstick spray. Divide ground beef mixture among 9 of the muffin tins, pressing the beef down slightly in the center.
4. Bake for 15 minutes, then remove and add a teaspoon of salsa to the center of each meatloaf, and top each with a tablespoon of cheddar cheese. Put meatloaves back into the oven for another 5 minutes, or until fully cooked.
5. Remove from oven and let cool 2-3 minutes, then remove mini meatloaves from muffin tin and serve!

Serving Size: 1 mini meatloaf

Nutritional Information: Calories 166, Total Fat 10.6 g, Saturated Fat 4.7 g, Polyunsaturated Fat 0.3 g, Monounsaturated Fat 0.9 g, Cholesterol 60.8 mg, Sodium 315.7 mg, Potassium 19.5 mg, Total Carbohydrate 5.0 g, Dietary Fiber 1.4 g, Sugars 1.0 g, Protein 12.2 g