

Mini Meatloaves

1 tsp olive oil
1 c diced onion
½ c diced carrots
½ c diced bell pepper
1 tsp parsley
1 tsp basil
2 tsp garlic powder
1 ½ lb ground beef
½ c ketchup
1 c panko breadcrumbs
2 T dijon mustard
1 tsp Worcestershire sauce
½ tsp ground black pepper
2 eggs
sliced mushrooms (optional)
shredded cheddar (optional)
chopped spinach (optional)

Saute onion, carrots, and bell peppers in olive oil for 2-3 minutes. Combine the rest of the ingredients in a large bowl. Add sautéed vegetables to bowl and mix well. Coat muffin tin with cooking spray. Add optional ingredients, if desired. Fill each muffin cup with the meat mixture. Bake at 350 degrees for 25 minutes.