

Mini-Meatloaves



Plan Z Phase: This is a Z2 (ZReduction) recipe. These little meatloaves transport very easily. They can be taken to work for lunch, or a picnic in the park. I hope you enjoy them!

Servings: Makes 4 small loaves, can be doubled. One serving of mini-meatloaves is your protein serving and half of your breadstick portion. You can still have a full vegetable portion with this meal.

Ingredients:

- 1 lb of lean ground beef. I use ground sirloin.
- 4 large breadsticks (grissini is the Italian name)
- 1 tsp of Worcestershire sauce (organic)
- 4 Tbl of chopped Vidalia onion
- 2 cloves of minced garlic (in this case jar garlic is fine)
- cayenne to taste. A good sprinkle will do it. This is optional.
- 4 tsp of tomato paste (get Hunt's where available or any other sugar-free tomato paste. Look closely at the labels and note that although Hunt's DOES NOT MAKE A "SUGAR-FREE" tomato paste they do not ADD sugar to their tomato paste.

You will still see a very tiny amount of sugar listed in the Nutritional Facts label. This is called “naturally occurring” sugar.)

Instructions:

Crush your breadsticks to a fine crumb texture. You can do this in a food processor or even in a plastic bag and crush it with your rolling pin.

Add the crumbs to a large bowl. Now, add the meat, onion and spices. Keep the tomato paste aside. Mix the ingredients so they are all distributed evenly.

Take out your regular-sized muffin tin. Spray 4 segments (apart from each other). Make 4 “balls” of meatloaf out of your mixture. Put them in your muffin tin. Squish them down a bit so they have a flat-ish top on them. Spread one tsp of tomato paste on the top of each. Bake at 350 degrees for 20 minutes.

Let cool slightly before trying to remove them from the pan. I use a fork to “grab” them from the side. Gently remove them and plate them along with your side dish. Makes a great dinner or even a lunch. You can put these, when cool, in baggies and store in the refrigerator. They travel well to work and you can eat them cold (my sister loves cold meatloaf) or you can heat them in the microwave.

Enjoy!

Cheers,