

Mini Beef Meat Loaves

These mini meat loaves can be served hot from the oven or wrap each cooled loaf individually and freeze them for future fast meals - they heat from frozen in minutes. Children love this Mini Beef Meat Loaf recipe!

1 ½ lb (750 g) Extra Lean Ground Beef Round
1 egg, beaten
½ cup(s) (125 mL) finely shredded carrot (1 large)
⅓ cup(s) (75 mL) finely shredded onion (1 small)
¼ cup(s) (50 mL) dry bread crumbs
1 tsp (5 mL) dried oregano
¼ tsp (1 mL) EACH salt and pepper
½ cup(s) (125 mL) pizza sauce

1. **Combine** beef, egg, carrot, onion, bread crumbs, oregano, salt, pepper and ¼ cup (50 mL) of the pizza sauce. Mix lightly but thoroughly to blend.
2. **Lightly spray** 12 muffin cups with cooking spray. Divide mixture among cups. Spoon remaining pizza sauce over tops, dividing equally.
3. **Bake** in 375°F (190°C) oven for 25 to 30 minutes or until digital rapid-read thermometer inserted into centre of a meat loaf registers 160°F (71°C).