



# Extra Lean Ground Beef Meatloaf Muffins

MAKES 12 SERVINGS

## INGREDIENTS

- 1 pound extra lean ground beef (95/5)
- 1 medium zucchini, grated (about 1 cup)
- 1 medium carrot, grated (about 1/2 cup)
- 1/2 cup quick oats
- 1 large egg
- 1/4 cup finely chopped onion
- 2 cloves garlic, minced
- 1/4 cup low-sugar tomato sauce (plus extra for topping)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried Italian herbs
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon tomato paste

## DIRECTIONS

- Preheat oven to 375°F (190°C). Grease a 12-cup muffin tin.
- Grate the zucchini and carrot, then squeeze out excess moisture using a clean kitchen towel or paper towels.
- In a large bowl, combine extra lean ground beef, grated zucchini, grated carrot, oats, egg, onion, garlic, 1/4 cup low-sugar tomato sauce, Worcestershire sauce, tomato paste, Italian herbs, salt, and pepper. Mix well.
- Divide the mixture evenly among the 12 muffin cups.
- Top each muffin with a small amount of additional low-sugar tomato sauce.
- Bake for 20-25 minutes, or until the internal temperature reaches 165°F (74°C).
- Let cool in the tin for 5 minutes before removing.

### CALORIES

85-95  
kcal

### PROTEIN

10-12  
grams

### CARBS

5-6  
grams

### FIBER

1-2  
grams

### FAT

2-3  
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED