



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