

Meatloaf Muffins

Makes 12 servings

INGREDIENTS

- 1 pound 93/7 ground beef
- 1 teaspoon olive oil
- 1 small onion, minced
- 2 garlic cloves, minced
- ¼ cup barbeque sauce
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried thyme
- 2 medium sweet potatoes, peeled and cubed
- 1 tablespoon butter
- ¼ teaspoon salt

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Place ground beef in a medium bowl and set aside.
2. Melt olive oil in a small skillet over medium heat. Add onions and sauté, stirring occasionally, until they start to soften.
3. Add garlic, cook 30 seconds or until fragrant.
4. Add onion-garlic mixture to ground beef. Add barbeque sauce, salt, pepper and thyme. Using your hands or a spoon, mix well to combine.
5. Divide meat mixture evenly among 12 wells of a muffin pan.
6. Bake in preheated oven for 20 minutes or until meat is no longer pink in the center.
7. While meatloaves are baking, steam sweet potatoes until tender, about 10-12 minutes. Drain and mash/puree sweet potatoes and butter until smooth.
8. Scoop topping on to meatloaves.