

Beef

Muffin Tin Meat Loaves

Mr Food

Servings: 12

Squash may be substituted for zucchini.

1 1/2 pounds lean ground beef
1 egg, slightly beaten
1 1/2 cups shredded zucchini (one medium)
1 teaspoon dried Italian seasoning
1/2 teaspoon salt
1 cup bread crumbs
1/4 cup ketchup

Preheat oven to 400 degrees.

In a large bowl, combine all ingredients except ketchup, mixing lightly but thoroughly. Place about 1/3 cup beef mixture into each of 12 muffin cups, pressing lightly; spread ketchup over tops.

Bake 20 minutes; or until no pink remains and juiced run clear.

Per Serving (excluding unknown items): 197 Calories; 13g Fat (59.0% calories from fat); 12g Protein; 8g Carbohydrate; trace Dietary Fiber; 60mg Cholesterol; 271mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.