

C's Barbecue Meat Loaf Muffins

Recipe by C-

This recipe makes: ten 2 units protein (3 oz.)
This recipe makes: eight 3 units protein (4 oz.)
This recipe makes: six + 4 units protein (5 oz.)
This recipe makes: five 5 units protein (6 oz.)

Ingredients:

2 pounds extra lean ground beef (4%)
3/4 cups Panko Breadcrumbs
3/4 cup chopped yellow onion
1/2 cup Kraft Barbecue Sauce Light Original, divided
1 1/2 Tbsp. yellow mustard
2 tsp. chili powder
1 1/2 tsp. garlic powder
1 tsp. kosher salt
1 tsp. ground black pepper
1/2 cup egg replacement

Pre heat Oven to 350°

Directions:

Step 1:

Pull out your food scale. Pull out a muffin tin and lightly spray with canola cooking spray. Set aside. Wash your hands.

Step 2:

In a large bowl, combine beef, breadcrumbs, onion, 1 Tbsp. barbecue sauce and remaining ingredients. Mix well using your hands.

Step 3:

Weigh out your portion size and place in your prepared muffin tin. Bake in your pre heated oven for about 35 - 40 minutes. After 20 minutes, use a oven mitt and pull oven shelf out to spread the remaining barbecue sauce over top of each muffin. Return to the oven to finish cooking. Let stand for about 5 - 10 minutes before you serve the muffins.

Step 4:

Cool completely before you store any left-overs in an air-tight container.