



## French Onion Meatloaf Minis



1/6th of recipe (2 mini meatloaves): 190 calories, 6.5g total fat (2.5g sat. fat), 505mg sodium, 11g carbs, 1.5g fiber, 3g sugars, 21.5g protein

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**Prep:** 20 minutes    **Cook:** 40 minutes



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### Ingredients

- 1 lb. raw extra-lean ground beef (4% fat or less)
- 2 cups finely chopped brown mushrooms
- 1/4 cup French onion soup/dip seasoning mix
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 2 tbsp. whole-wheat panko breadcrumbs
- 1/2 tsp. garlic powder
- 1/4 tsp. black pepper
- 1 tbsp. light whipped butter or light buttery spread
- 3 cups thinly sliced sweet onions
- 1 tbsp. chopped garlic
- 3 slices reduced-fat provolone cheese cut into quarters

### Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, thoroughly mix beef, mushrooms, seasoning mix, egg whites/substitute, breadcrumbs, garlic powder, and pepper.

Evenly transfer to muffin pan, and smooth out the tops. Bake until firm with lightly browned edges, about 35 minutes.

Meanwhile, melt butter in a large skillet over medium-low heat. Add onions, and cook and stir for 15 minutes.

Add chopped garlic, and cook and stir until garlic is fragrant and onions have caramelized, about 3 more minutes.

Evenly spoon onions over meatloaves and top with cheese. Bake until melted, about 3 minutes.

**MAKES 6 SERVINGS**

**HG Tips:** Can't find French onion soup/dip seasoning mix? Feel free to use regular onion soup/dip mix instead! Can't find whole-wheat panko? No worries! Use standard panko; it will barely affect the recipe's nutritional info.

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