



Mashie-Topped Meatloaf Cupcakes



1/6th of recipe (2 meatloaf cupcakes): 280 calories, 6.5g total fat (2.5g sat. fat), 485mg sodium, 29.5g carbs, 3g fiber, 6g sugars, 25.5g protein

Prep: 25 minutes **Cook:** 30 minutes

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Ingredients

Meatloaf

- 1 1/4 lbs. extra-lean ground beef (4% fat or less)
- 1 cup finely chopped green bell pepper
- 3/4 cup finely chopped onion
- 1/2 cup fat-free liquid egg substitute or egg whites
- 1/2 cup quick-cooking oats
- 1/4 cup ketchup
- 2 tsp. garlic powder
- 1/2 tsp. each salt and black pepper

Mashies

- 20 oz. (about 3 medium) white potatoes, peeled and cubed
- 2 1/2 tbsp. light sour cream
- 1 1/2 tbsp. light whipped butter or light buttery spread
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/8 tsp. paprika
- Optional seasoning: black pepper

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all meatloaf ingredients. Thoroughly mix.

Evenly distribute meatloaf mixture among the muffin cups, and smooth out the tops with the back of a spoon. Bake until firm and cooked through with lightly browned edges, 20 - 25 minutes.

Meanwhile, bring a medium pot of water to a boil. Add potatoes, and once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer potatoes to a large bowl. Add remaining ingredients for mashies except paprika. Thoroughly mash and mix.

Evenly top mini meatloaves with mashies, and sprinkle with paprika. Makes six servings; two cupcakes per serving. Eat up!

MAKES 6 SERVINGS

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