



Mini Beef Enchilada Meatloaves



1/6th of recipe (2 mini meatloaves): 189 calories, 6.5g total fat (3g sat. fat), 509mg sodium, 10.5g carbs, 2g fiber, 3g sugars, 21g protein

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Prep: 15 minutes **Cook:** 40 minutes



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Ingredients

1 lb. raw extra-lean ground beef (at least 96% lean)
2 cups riced cauliflower
1 cup finely chopped red onion
One 4-oz. can diced green chiles (not drained)
1/3 cup chopped fresh cilantro, or more for topping
1/4 cup panko breadcrumbs
1 tbsp. chopped garlic
1 tsp. ground cumin
1/4 tsp. salt
1/8 tsp. cayenne pepper
3/4 cup red enchilada sauce
3/4 cup shredded reduced-fat Mexican-blend cheese
Optional toppings: sliced black olives, salsa, light sour cream

Directions

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

In a large bowl, combine all ingredients *except* sauce and cheese. Mix thoroughly.

Add 1/2 cup sauce, and mix well. Transfer to the muffin pan, and smooth out the tops. (Cups will be full.)

Top with remaining 1/4 cup sauce. Bake until firm with lightly browned edges, about 35 minutes.

Sprinkle with cheese, and bake until melted, about 5 minutes.

MAKES 6 SERVINGS

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