



## Southwest Meatloaf Minis



1/5 of recipe (2 meatloaf minis): 252 calories, 9g total fat (3.5g sat. fat), 599mg sodium, 15.5g carbs, 2.5g fiber, 6g sugars, 27.5g protein

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**Prep:** 15 minutes    **Cook:** 45 minutes



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### Ingredients

1/2 cup diced red bell pepper  
1/2 cup diced onion  
1 1/4 lb. raw lean ground turkey (at least 93% lean)  
3/4 cup canned crushed tomatoes  
1/3 cup seeded and finely chopped jalapeño peppers  
1/4 cup canned black beans, drained and rinsed  
1/4 cup frozen sweet corn kernels, thawed  
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute  
1/4 cup quick-cooking oats  
1/2 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. cayenne pepper  
3 tbsp. ketchup  
1/4 cup shredded reduced-fat Mexican-blend cheese  
Optional toppings: salsa, light sour cream, hot sauce

### Directions

Preheat oven to 350°F. Line 10 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium heat. Add bell pepper and onion. Cook and stir until softened and lightly browned, 5–7 minutes.

Transfer cooked veggies to a large bowl. Add all remaining ingredients except ketchup and cheese. Mix thoroughly.

Distribute mixture among the 10 lined or sprayed cups of the muffin pan. Smooth out the tops. Evenly top with ketchup, a little less than 1 tsp. each.

Bake until firm and cooked through with lightly browned edges, about 35 minutes.

Top meatloaves with cheese. Bake until cheese has melted, about 2 minutes.

#### MAKES 5 SERVINGS

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