

From our kitchen to yours



Muffin Cup Meat Lovers

Courtesy of ATCO Blue Flame Kitchen

Ingredients:

1 tsp	Oil	1 tbsp	Prepared mustard
½ cup	Finely chopped onion	1 tsp	Worcestershire sauce
¼ cup	Shredded carrot	¼ tsp	Oregano, crumbled
1	Clove garlic, finely chopped	¼ tsp	Freshly ground pepper
1 lb	Lean ground beef	1/8 tsp	Salt
½ cup	Soda cracker crumbs	Dash	Hot Pepper Sauce
¼ cup	Ketchup	1	Egg, beaten
2 tbsp	Ketchup		

Directions:

Preheat oven 350°F (190 °C)

Heat oil in a fry pan over medium heat.

Add onion, carrot and garlic, sauté until softened, about 5 minutes.

Cool to room temperature.

Combine onion mixture with next 10 ingredients (beef through beaten egg).

Spoon mixture into 8 greased non-stick muffin cups.

Spread 2 tbsp ketchup on top of meat loaves.

Bake at 350°F (180°C) for 30-35 minutes or until a meat thermometer inserted in centres registers 170°F (77°C).

Let stand for 5 minutes before serving. Makes 8.

