

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## BBQ Meatloaf Muffins

Adapted from [www.tastykitchen.com](http://www.tastykitchen.com)

- 1 pound lean ground beef
- 1 whole egg
- ½ cup whole wheat panko breadcrumbs
- ½ cup ketchup, divided use (Make sure to use a ketchup that is **not** sweetened with corn syrup.)
- ½ Tbsp garlic powder
- 2 pinches cayenne pepper
- ¼ tsp salt
- 3 dashes ground black pepper
- ¼ cup BBQ sauce (We like Bone Suckin' BBQ sauce which you can find at Whole Foods. If using a different kind of BBQ sauce, make sure to find one that is **not** sweetened with corn syrup.)
- ½ tsp dried basil, crushed in palm
- ½ tsp dried oregano, crushed in palm

1. Preheat the oven to 375°.
2. In a large bowl, combine ground beef, egg, breadcrumbs, ¼ cup of ketchup, garlic powder, cayenne, salt, and black pepper. Mix until thoroughly combined (this is best done with your hands).
3. Divide ground beef mixture between the 12 cups of a regular-sized, greased muffin tin. Bake for 30 minutes.
4. Meanwhile, combine the remaining ¼ cup of ketchup, BBQ sauce, basil and oregano. This will be your sauce.
5. After the 30 minutes of baking are finished, spoon about 1 tsp of sauce on each meatloaf and bake an additional 10 minutes.