

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pizza Meatloaf Cups

From www.cookingTF.com

Serves 4

- 2 T coconut oil
- 1/2 onion, finely diced
- 1/2 carrot, finely diced
- 1/2 celery stick, finely diced
- 2 mushrooms, finely diced (optional)
- 1 lb ground beef
- 1 egg (beaten)
- 1 1/4 c pizza sauce or more, divided (Make sure you get one without additives and preservatives.)
- 1/2 c bread crumbs (or 4 Tbs coconut flour or more)
- 2 t Italian seasoning
- 1/2 t garlic powder
- 1 t Salt
- 1 1/2 c shredded mozzarella cheese (or 15-18 cubes)

Instructions

Preheat the oven to 375 degrees. In a small skillet, heat the oil over medium-high heat. Add the veggies and sauté until completely tender, about 8 minutes.

In a bowl, combine the cooked veggies, ground beef, egg, 1/2 cup of the pizza sauce, the bread crumbs, Italian seasoning, garlic powder, and salt. Mix gently until well combined. If the meat mixture is too wet, add a little extra breadcrumbs or coconut flour. Divide the mix evenly into 12 muffin tins. If you are using the cheese, press the meatloaf up the sides of the cup and evenly divide the cheese among the meatloaves, placing the cheese in the indentation in each cup. Top each meatloaf with 1 Tbs or more of the remaining pizza sauce. Bake for 18-20 minutes or until the meat is no longer pink.

Serve with broccoli (the past healthy recipe for broccoli with parmesan was great with the meatloaf).