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Preheat oven to 350 Degrees F (175 degrees C).

Lightly grease a 12-cup muffin tin

Meatloaf in a Muffin Tin!

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 Prep: 15 mins Servings: 6

 Cook: 1 hr. Yield: 12 meatloaf muffins

 Total: 1hr. 15 mins

 Ingredients:

2 Pounds lean ground beef

 2 eggs or egg substitute

8-10 ounces of favorite cooked vegetables, drained & chopped small

½ cup chopped onion

1 jar organic Tomato Paste, 7 oz and/or

2 Not-Beef Edward & sons bouillon cubes, dissolved in ½ cup of hot water

1 cup Gluten-free dry breadcrumbs (optional)

Pinch of Black Pepper

1 tsp. sea salt

Mix ground beef, chopped onion, favorite cooked veggies (green beans, carrots.), gluten free dry breadcrumbs, eggs, tomato paste, salt, pepper. Bake for 1 hour. Insert meat thermometer to check meat temperature. Meatloaf is done at 160 degrees F.

Top with Primal Kitchen organic unsweetened Ketchup.