



## Ingredients

### For the Meatloaf Muffins

- |   |                                   |
|---|-----------------------------------|
| 1½ pounds lean ground beef                | 1 tablespoon vegetable oil        |
| 1/2 cup onion, finely diced               | 1/2 cup bell pepper, finely diced |
| 1/4 cup barbecue sauce                    | 1 tablespoon Worcestershire sauce |
| 3/4 cup seasoned breadcrumbs              | 1 large egg                       |
| 2 tablespoons fresh parsley, chopped      | salt and black pepper, to taste   |
| 10 small small cubes of mozzarella cheese |                                   |

### For the Glaze

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|--------------------------|-----------------------------|
| 1/3 cup ketchup          | 1/3 cup chili sauce         |
| 1 tablespoon brown sugar | 1-2 teaspoons Dijon mustard |

## Instructions

- 1 Preheat your oven to 425°F. Grease a muffin pan and set aside.
- 2 In a small bowl, whisk together the ketchup, chili sauce, brown sugar, and Dijon mustard until well combined. Set aside.
- 3 Heat the oil in a skillet over medium heat. Sauté the diced onion until softened, about 3 to 4 minutes. Remove from heat and let the onions cool.
- 4 In a large mixing bowl, combine the ground beef, cooled onions, bell pepper, barbecue sauce, Worcestershire sauce, breadcrumbs, egg, parsley, salt, and pepper. Mix until just combined, being careful not to overwork the  

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to rest for 5 minutes before serving.
- 8 Garnish with additional fresh parsley, if desired, and serve hot. Enjoy!

## Notes

- **Resting:** Let the mini meatloaves rest for 5-10 minutes after baking to allow the juices to redistribute.
- **Serving Suggestions.** Serve mini meatloaves with mashed potatoes, steamed vegetables, or a fresh salad. They also make great leftovers for sandwiches!