

Muffin Pan Meat Loaves

SERVED WITH MAC N CHEESE

Ingredients:

- 1) 1 egg
- 2) 1 can tomato paste + 1 can water
(or 1 can tomato sauce)
- 3) ½ cup finely chopped onion
- 4) 1½ tablespoons seasoning blend
- 5) 1 cup fine bread crumbs
- 6) 1 lb. ground beef or ground venison



Directions:

- 1) Pre-heat oven to 350 degrees
- 2) In a large bowl beat the egg
- 3) Add ingredients 2, 3, and 4, stir or whisk to blend
- 4) Stir in bread crumbs and ground meat
- 5) Spoon into muffin pan, mounding them high
- 6) Place muffin pan on a baking sheet & bake 60 minutes
- 7) Prepare Mac N Cheese according to package directions



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FOOD
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