

# Meatloaf in a Muffin Tin

**Servings: 6 (12 muffins)**

## Ingredients:

- 1 ½ lbs lean ground beef
- 1 yellow onion, minced
- 2 eggs
- 1 cup crushed pork rinds (in place of panko breadcrumbs)
- 2/3 cup sugar-free ketchup, divided (such as Primal Kitchen)
- ¼ cup grated parmesan cheese
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt and pepper to taste
- 1 tsp Worcestershire sauce

## Directions:

1. Preheat oven to 350°F. Spray a muffin tin with nonstick cooking spray.
2. Mix ingredients.
3. In a large bowl, combine ground beef, onion, eggs, crushed pork rinds, 1/3 cup sugar-free ketchup, parmesan, garlic powder, oregano, salt, and pepper.
4. Fill muffin tin.
5. Divide the mixture evenly between 12 muffin cups and gently press down to fill each one.
6. Prepare topping.
7. In a small bowl, mix the remaining 1/3 cup sugar-free ketchup with Worcestershire sauce. Spoon evenly over each muffin.
8. Bake for 20–25 minutes, or until cooked through and lightly browned.

