



Total Time: **1 hour**

Prep Time: **15 minutes**

Cook Time: **45 minutes**

ingredients (Servings: 12)

Cooking spray or 2 Tablespoons canola oil

2 1/2 pounds lean ground beef or turkey

1 large onion, peeled and finely chopped or grated, about 1 cup

1 cup tomato sauce

1 cup old-fashioned rolled oats (not instant or quick oats)

2 large eggs, lightly beaten

1/4 teaspoon freshly ground black pepper

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directions

step 1: Preheat the oven to 375 degrees F. Generously coat with cooking spray or canola oil the insides and bottoms of enough standard-size nonstick muffin tins to make 24 individual loaves.

step 2: In a large bowl, add the beef or turkey, onion, tomato sauce, oats, eggs and pepper. Use a spatula to mix all the ingredients thoroughly. Alternatively, place ingredients in a gallon size Ziploc® Brand Storage Bag, remove air and seal tightly before squeezing and rolling ingredients to mix them thoroughly.

step 3: Scoop about 1/3 cup of meatloaf

mixture into each of the muffin tins and press the mixture into the cups.

step 4: Bake the Minis at 375 degrees F until they're cooked through and the tops are lightly browned, about 45 minutes. Remove Minis from the oven to wire racks. Serve hot or cool loaves completely and refrigerate in a Ziploc® Brand Snap 'n Seal Container or freeze in a Ziploc® Brand Freezer Bag.