

Mini Muffin Tin Meatloaf

As routines return, easy and nourishing meals can make evenings smoother. These Mini Muffin Tin Meatloaves are quick to prep, perfect for little hands, and ideal for leftovers or lunchboxes. Even better: they're fun for kids to help make and can be adapted to suit different diets. A simple, family-friendly dinner to ease into the Fall season.

What you need:

Base:

- 1 lb ground meat or alternative (options: beef, chicken, turkey, or lentil-mushroom mix - for vegetarian option)
- 1 egg (or flax eggs for egg-free option: 1 tbsp ground flax + 2.5 tbsp water)
- ½ cup breadcrumbs (use gluten-free or oat-based if needed)
- ½ cup shredded carrots or zucchini
- ¼ cup finely diced onion (or omit for picky eaters)
- 2 tbsp ketchup or tomato paste
- 1 tbsp Worcestershire sauce (optional, check for gluten/vegan)
- 1 tsp garlic powder
- ½ tsp salt & pepper



Topping (optional):

- ¼ cup ketchup or BBQ sauce for brushing
- Sprinkle of shredded cheese on top in the last 5 minutes

What to do:

1. Preheat oven to 375°F (190°C).
2. Prep your muffin tin by lightly greasing the cups or use silicone liners
3. Mix ingredients in a large bowl. Add the meat, egg, breadcrumbs, shredded veggies, ketchup, spices, etc. Let children help by dumping the pre-measured ingredients into the bowl and help mix
4. Portion into a muffin tin. Fill each cup about ¾ full and press gently. Children can help by using a small ice cream scoop or spoon to help portion the mixture and pat down gently.
5. Top with sauce/brush a little ketchup or BBQ sauce on each meatloaf.
6. Bake for 20–25 minutes, until cooked through (internal temp 165°F/74°C for meat).
7. Cool slightly before serving. Add cheese topping in the last 5 minutes if using.

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