



All for the Beef

Prep 15 mins

Cook 30 mins

Yields 6 servings (2 meat loaves per)

Beef Cheeseburger Mini Meat Loaves



Shopping List



Extra lean ground beef, round or chuck
Canadian cheddar cheese
Onion
Dry bread crumbs
Burger relish
Prepared mustard
Ketchup
Salt and pepper

Ingredients

1 ½ lb (750 g) extra lean or lean ground round or chuck*

1 egg, beaten

1 cup (250 mL) shredded Canadian cheddar cheese

½ cup (75 mL) finely shredded onion (1 small)

¼ cup (50 mL) dry bread crumbs

2 tbsp (30 mL) each burger relish and prepared mustard

¼ tsp (1 mL) each salt and pepper

½ cup (125 mL) ketchup

Instructions

1. Combine beef, egg, ½ cup (125 mL) of the cheese, onion, bread crumbs, relish, mustard, salt and pepper. Mix lightly but thoroughly to blend.
2. Lightly spray 12 muffin or custard cups with cooking spray. Divide mixture among cups; make indentation in centre of each with back of spoon. Fill indentations with ketchup. Sprinkle each with remaining cheese, dividing equally.
3. Bake in 375°F (190°C) oven for 25 to 30 minutes or until digital rapid-read thermometer inserted into meat portion of EACH reads 160°F (71°C).



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These cook much faster than regular meat loaf, bringing new meaning to the term fast food.

*For other options: use lean ground beef sirloin or any other lean or extra lean ground beef.

Make Ahead Tip: For a wholesome meal that is ready when you are, make ahead and freeze some mini meat loaves. Wrap each cooled meat loaf separately in plastic wrap or foil; freeze for up to 3 months. Thaw and heat in microwave in just minutes.

Good source of iron (19% DV) and excellent source of zinc (67% DV), 25 % DV sodium.

Nutrition Facts

per serving

Amount

Calories 317

Protein 30 g

Fat 16 g

Carbohydrate 12 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-cheeseburger-mini-meat-loaves/>