



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).

