

BBQ Meatloaf Muffins with Sweet Potato Topping

Makes: 6 servings

Prep time: 15 minutes

Cook time: 20 minutes

Ingredients:

Meatloaf:

- 1 1/2 lb. ground beef
- 2 tsp. cooking fat of choice
- 1 small onion, minced
- 3 cloves garlic, finely minced
- 1/2 cup BBQ sauce of choice
- 1/2 tsp. dried thyme
- 1/2 tsp. salt
- 1/2 tsp. black pepper

Topping:

- 2 medium sweet potatoes, peeled and cubed
- 1 Tbsp. cooking fat of choice
- 1/4 tsp. salt

Directions:

1. Preheat the oven to 350°F.
2. Place ground beef in a medium bowl and set aside.
3. Heat oil in a small skillet over medium heat. Add onions and sauté, stirring occasionally, until they start to soften.
4. Add garlic, cook for 30 seconds or until fragrant.
5. Add onion-garlic mixture to ground beef. Add barbecue sauce, dried thyme, sea salt, and pepper. Using your hands or a spoon, mix well to combine.
6. Divide meat mixture evenly among 12 wells of a muffin pan.
7. Bake in a preheated oven for 20 minutes or until meat is no longer pink in the center.
8. While meatloaves are baking, bring a medium pot to a boil. Using a steamer basket, steam sweet potatoes until tender, about 10-12 minutes. You may also use any other method of choice to cook the sweet potatoes.
9. Add the cooked sweet potato cubes, cooking fat of choice and salt to a blender, food processor, stand mixer (may also use a hand mixer or mash well with a fork). Puree until smooth.

10. Scoop topping onto meatloaves or fill a plastic zip-top with topping, trim the corner of the bag with a scissors and pipe topping onto meatloaves.
11. Drizzle with additional barbecue sauce, if desired and garnish with chopped parsley.

Recipe credit: Jess and Stacie, [The Real Food RDs](#)

Photo credit: [Jess, Plays Well with Butter](#)

Nutritionals (serving size: 2 muffins using 93% lean ground beef)

Calories: 300

Total Fat: 12 g

Saturated Fat: 4 g

Sodium: 550 mg

Carbohydrates: 22 g

Fiber: 3 g

Sugar: 5 g

Protein: 25 g