

Oatmeal Meatloaf Cupcakes

*cook in muffin pans



MEATLOAF CUPCAKES



Oatmeal Meatloaf Ingredients

- 1-1/2 pounds lean ground beef/turkey
- 3/4 cup Quaker® Oats
- 1 cup finely chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup catsup
- 2 eggs, lightly beaten
- 1 tablespoon Worcestershire sauce
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon olive oil
- 2 tablespoons prepared mustard
- Cooking spray

Meatloaf Sauce

*Heat ingredients in small skillet but do not boil.

- 1/2 cup of grated onion
- 1 cup of (Heinz) ketchup
- 4 T of brown sugar
- 4 T vinegar
- 2 T Worcestershire Sauce
- 1 T yellow mustard

Mashed Potato Ingredients

- 4 cups cubed peeled Yukon gold potato (about 2 pounds)
- 1/4 cup 2% reduced-fat milk
- 1/4 cup low-fat sour cream
- 3 tablespoons butter
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation Preheat oven to 350°. Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion, dried oregano, and minced garlic; sauté 2 minutes. Cool. Combine onion mixture, 1/2 cup ketchup and the remaining ingredients except cooking spray in a large bowl. Spoon the meat mixture into 12 muffin cups coated with cooking spray. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes. As good as the meatloaf is, it would not be complete without the sauce. Twenty minutes before it is done, the grease/liquid should be drained off. Cover the meatloaf cupcakes with the special sauce. While the meatloaf is cooking, make the mashed potatoes. Place potato in a saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 10 minutes or until tender. Drain. Put potatoes into a ricer for best results. Return potato to pan. Add milk and remaining ingredients; stir with a spoon to desired consistency. If they are not creamy enough for you, add up to 1/4 cup more milk – although they need to be stiff enough to pipe on top. Put the potatoes into a pastry bag with a wide star tip and pipe the mashed potatoes on top of the meatloaf. Sprinkle with bacon crumbles and chopped chives.