

Tex-Mex Meatloaf Minis

Ingredients

Servings: 6

- 1 pound extra lean ground beef
- $\frac{3}{4}$ cup crushed tomatoes
- $\frac{1}{2}$ cup panko breadcrumbs
- $\frac{1}{2}$ cup black beans, drained and rinsed
- $\frac{1}{2}$ cup frozen corn
- 2 tablespoons taco seasoning
- $\frac{1}{2}$ cup shredded reduced fat Mexican blend cheese

Directions:

1. Preheat oven to 350 degrees
2. Line 12 muffin tins with foil liners, or spray with non-stick spray
3. In large bowl, combine beef, tomatoes, breadcrumbs, beans, corn, and seasoning
4. Evenly fill muffin pan, and smooth out the tops. Bake until firm and cooked through with lightly browned edges, about 35 minutes.
5. Top with cheese, bake until melted, about 3 minutes.

1/6 of the recipe (two meatloaf minis):

Calories 189

Fat 5.5g

Sodium: 314mg

Carbohydrates: 13g

Fiber: 2.5g

Sugar 2g

Protein 20g