

These Mini Meatloaf Muffins Are Kid-Approved and Freezer-Friendly

There are several reasons why these mini meatloaf muffins stand out in my kitchen:



OVEN
350°F

TIME
15 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

1 pound ground beef (or turkey for a lighter option)
1 cup breadcrumbs
1/2 cup grated Parmesan cheese
1/2 cup milk
1/4 cup ketchup (plus extra for topping)
1 egg
1 teaspoon garlic powder
1 teaspoon onion powder
Salt and pepper to taste
Optional: 1/2 cup finely chopped vegetables (like carrots or spinach)

DIRECTIONS

- 1.** Preheat the : Oven: Start by preheating your oven to 350°F (175°C). This ensures that your muffins cook evenly.
- 2.** Mix the : Ingredients: In a large mixing bowl, combine the ground beef, breadcrumbs, Parmesan cheese, milk, ketchup, egg, garlic powder, onion powder, salt, and pepper. If you're adding vegetables, mix them in at this stage. I like to use my hands to ensure everything is well combined.
- 3.** Prepare the : Muffin Tin: Grease a muffin tin with cooking spray or line it with muffin liners. This will help prevent sticking and make cleanup easier.
- 4.** Fill the : Muffin Tin: Scoop the meat mixture into each muffin cup, filling them about 3/4 full. This allows room for the muffins to rise without overflowing.
- 5.** Bake: Place the muffin tin in the preheated oven and bake for about 20 minutes, or until the internal temperature reaches 160°F (70°C). You can top each muffin with a dollop of ketchup during the last 5 minutes of baking for added flavor.
- 6.** Cool and : Serve: Once done, remove the muffins from the oven and let them cool for a few minutes before serving. They can be enjoyed warm or at room temperature.

TIPS FOR SUCCESS

Experiment with Meats: Try using ground chicken or pork for a different flavor profile.

Each type of meat brings its own unique taste to the muffins.

Add Spices: Don't hesitate to experiment with spices like paprika or Italian seasoning to give your muffins an extra kick.

Make it a Meal: Serve these muffins with a side of mashed potatoes or a fresh salad to create a complete dinner.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/these-mini-meatloaf-muffins-are-kid-approved-and-freezer-friendly/>