

# Meatloaf Cupcakes

## Ingredients

### Meatloaf

- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 cup ketchup, divided
- 1 1/2 pounds ground beef, extra lean (raw)
- 1 cup bread crumbs
- 2 tablespoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground black pepper
- 2 large eggs
- Cooking spray

### Mashed Potatoes

- 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

### Garnish

- 3 tablespoons chopped chives
- 4 pieces of bacon cooked and then chopped

## Preparation

Preheat oven to 350°.

Heat the olive oil in a large nonstick skillet over medium-high heat. Add chopped onion, chopped carrot, 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. Top each with 2 teaspoons ketchup. Bake at 350° for 25 minutes or until a thermometer registers 160°. Let stand for 5 minutes.

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.