

Mini Meatloaves

Preparation time	20 minutes
Cooking time	45 minutes
Servings	12 mini meatloaves (6 servings of 2 meatloaves)
Cost per serving	\$1.72
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, muffin pan, paper muffin cup liners (or oil), large bowl, can opener, grater, colander, fork



Ingredients



1 can (540 ml) **white beans**, drained and rinsed



2 **apples**, peeled and grated



1 **garlic** clove, peeled and minced



250 ml (1 cup) **breadcrumbs**



1 **egg**



15 ml (1 tbsp) **tomato paste**



250 ml (1 cup) **grated cheddar cheese**



15 ml (1 tbsp) **dried parsley**



10 ml (2 tsp) **mustard powder**



2.5 ml (½ tsp) **salt**



2.5 ml (½ tsp) **pepper**

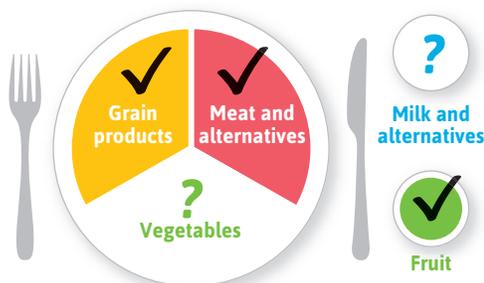


Tabasco-style hot sauce to taste



500 g (1 lb) **ground pork**

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Balanced plate

Serve with:

- ? A grain product (a home-made cookie for dessert, for example)
- ? Vegetables (salad, cooked or raw vegetables, for example) to round out the serving
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a muffin pan or line with paper muffin cup liners.	
2	In a large bowl, mash the white beans with a fork.	
3	Add the apples, garlic, breadcrumbs, egg, tomato paste, cheddar cheese, parsley, mustard, salt, pepper and hot sauce . Mix with a fork.	
4	Add the ground pork . Using your hands, mix the ingredients thoroughly.	
5	With your hands, roll 12 balls and place in the muffin pan. Press the balls down lightly with a fork.	
6	Bake about 45 minutes. Tip: Use the cooking time to prepare your side dishes. Variation: This mixture also makes excellent hamburger patties! Just shape into 8 patties and voilà!	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition