



## Pizza Meatloaf Minis



1/6 of recipe (2 meatloaves): 195 calories, 7g total fat (3.5g sat. fat), 445mg sodium, 9.5g carbs, 1.5g fiber, 3.5g sugars, 23g protein

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**Prep:** 15 minutes    **Cook:** 35 minutes



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## Ingredients

2/3 cup canned crushed tomatoes  
1 tsp. garlic powder, divided  
1 tsp. Italian seasoning, divided  
1 tsp. onion powder, divided  
1 lb. raw extra-lean ground beef (at least 95% lean)  
1/2 cup finely chopped green bell pepper  
1/2 cup finely chopped mushrooms  
1/2 cup finely chopped onion  
1/2 cup panko bread crumbs  
1/4 cup (about 2 large) egg whites or liquid egg substitute  
1/2 tsp. salt  
1/2 tsp. black pepper  
3/4 cup shredded part-skim mozzarella cheese  
1 tbsp. grated Parmesan cheese

## Directions

Preheat oven to 375°F. Spray a [12-cup muffin pan](#) with nonstick spray.

In a medium bowl, combine crushed tomatoes with 1/2 tsp. each garlic powder, Italian seasoning, and onion powder. Mix well.

In a large bowl, combine remaining 1/2 tsp. each garlic powder, Italian seasoning, and onion powder. Add all remaining ingredients except mozzarella and Parm.

Add half of the seasoned tomatoes to the large bowl, and mix thoroughly. Evenly fill muffin pan with meatloaf mixture, and smooth out the tops.

Top with remaining seasoned tomatoes. Bake until firm and cooked through with lightly browned edges, about 30 minutes.

Top with mozzarella and Parm. Bake until mozzarella has melted, about 5 minutes.

### MAKES 6 SERVINGS

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