



Mini Meatloaves and Roasted Veggies



This recipe calls for:

Traditional Sauce

Marinara Sauce

Meat Sauce

Mushroom Sauce

Traditional Pasta Sauce

Prep time

20 MINUTES

Cook time

30 MINUTES

Servings

4

Ingredients

1 pound lean ground beef

½ cup finely chopped onion

1 jar (24-ounce) RAGÚ® Old World Style® Traditional Sauce

1/3 cup panko bread crumbs

2 Tablespoons chopped fresh Italian parsley
2 cloves garlic, minced
½ teaspoon salt
¼ teaspoon freshly ground pepper
4 cups vegetables, such as quartered mushrooms, broccoli florets, cauliflower florets, sweet pepper cut into 1-inch pieces or zucchini cut into 1-inch chunks
1 Tablespoon olive oil

Instructions

1. Preheat oven to 375°F. Line a 15x10x1-inch baking pan with foil, coat a twelve 2½" muffin tin with nonstick cooking spray; set aside.
 2. In a medium bowl combine beef, onion, ½ cup of sauce, bread crumbs, egg, parsley, garlic, ¼ tsp salt and 1/8 tsp pepper.
 3. Divide mixture among muffin cups, pressing meat mixture into each.
 4. In a large bowl toss the vegetables with oil, remaining salt and remaining pepper. Place in the baking pan. Place the baking pan and muffin cups on two separate oven racks. Bake 30 minutes or until an instant-read thermometer inserted in meat loaves registers 160°F. Remove pans from oven. Remove meatloaves from muffin cups. Serve meatloaves topped with remaining warmed sauce with vegetables on the side, and garnish with additional chopped parsley.
- Note: Two muffin cup loaves per serving.