



## MINI MEATLOAVES

By Dr. Cindy Tanzar  
(Standard and Maintenance Plans)

What could be better than meatloaf? Individual meatloaves! This recipe is easy, loaded with flavor and is easily doubled so that you can feed the family or have leftovers for another meal. Be sure to turn the oven down after preheating so the meatloaf doesn't dry out.

Makes 4 servings. One meatloaf is one serving and covers your protein and 1/4 cup cooked vegetable.



### INGREDIENTS

- 2 Tbsp avocado oil
- 1/2 cup green pepper, small diced
- 1/2 cup yellow onion, small diced
- 2 garlic cloves, minced
- 1/2 tsp. Pink Himalayan salt
- 1/4 tsp. black pepper
- 1-lb grass-fed ground beef
- 2 Tbsp tomato paste
- 2 pastured eggs
- 2 Tbsp almond flour
- Primal Kitchen or No Sugar or artificial sweetener ketchup



## INSTRUCTIONS

Preheat oven to 425°F.

In a medium skillet over medium heat, sauté the green pepper, onion, garlic, salt and pepper until tender, about 5-7 minutes. Reduce heat to low and add in tomato paste, cooking for 2 minutes. Remove from heat and let cool for 7-10 minutes.

Place ground beef into a large bowl. Add cooled vegetables, eggs and almond flour. Mix well using a fork, being careful not to overmix.

Form mixture into 4 loaves (about 4x2-1/2 inches each) and place on a baking sheet. Brush each meatloaf with 1-2 Tbsp of the ketchup.

**TURN OVEN DOWN TO 350°F!** Add meatloaves to oven and bake for 30 minutes. Let rest for 5 minutes before serving.