

H.E.R. FAMILY MEALBOOK

MUFFIN PAN RECIPES

RECIPE NAME: Mini Meatloaf

YIELD: 4 servings **PREP TIME:** 10 minutes **COOK TIME** 25 minutes **TEMP:** 400° F.

EQUIPMENT:

muffin pan
mixing bowl
dry measuring cup - 1/2 cup
liquid measuring cup
measuring spoons - 1/2 t., 1/8 t., 1 T.
small bowl
small whisk
mini food processor

INGREDIENTS:

non-stick cooking spray
ground beef - 3/4 lb.
salt - 1/2 t.
pepper - 1/8 t.
dehydrated onion flakes - 1 T.
egg - 1 small, slightly beaten
soft bread crumbs - 1/2 c.
tomato sauce - 1/2 c.
SAUCE: tomato sauce - 1/2 c; brown sugar - 1 T; parsley flakes - 2 t.; Worcestershire sauce - 1/2 t.

NOTES: DOUBLE UP BATCHES

ground beef - 1.5 lb.
salt - 1 t.; pepper - 1/4 t.; onion flakes - 2 T.;
egg - 1 large, slightly beaten; bread crumbs - 1 c.;
tomato sauce - 8 oz. can
SAUCE: tomato sauce - 8 oz. can; brown sugar - 2 T;
parsley flakes - 2 T.; Worcestershire sauce - 1 t.

PROCEDURE:

1. Preheat oven to 400° F.
2. Spray muffin pan with non-stick cooking spray
3. Pulse bread crumbs in food processor
4. Beat egg in small bowl with whisk
5. In large bowl, mix ground beef, salt, pepper, onion flakes, egg, bread crumbs and tomato sauce.
6. Shape into meatballs in muffin tin
7. Bake 15-20 minutes
8. Pour off excess grease, if needed
9. Mix sauce and spoon over meatloaves
10. Spoon over meatballs and bake 5-10 minutes longer

ground beef - 5 lb.
salt - 1 T + 1 t.; pepper - 3/4 t.; onion flakes - 1/3 c.;
egg - 3 large, slightly beaten; bread crumbs - 3 1/3 c.;
tomato sauce - 26 oz.
SAUCE: tomato sauce - 26 oz.; brown sugar - 1/3 c;
parsley flakes - 1/3 c.; Worcestershire sauce - 1 T + 1 t.

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MUFFIN PAN RECIPES

RECIPE NAME: Mini Scalloped Potatoes

YIELD:
4 servings

PREP TIME:
15 minutes

COOK TIME
25 minutes

TEMP:
400° F.

EQUIPMENT:

muffin pan
cutting board
knife

INGREDIENTS:

non-stick cooking spray
medium russet potatoes - 2
salt
pepper
heavy cream - about 1 1/2 c.

PROCEDURE:

1. Preheat oven to 400° F.
2. Spray muffin pan with non-stick cooking spray
3. Wash and dry potatoes
4. Thinly slice potatoes
5. Place 2 slices of potatoes in each muffin cup, seasoning with salt and pepper
6. Continue layering potatoes and seasoning until cups are full
7. Pour 1 T. heavy cream over potatoes in each muffin cup
8. Bake 25 - 35 minutes, until golden brown and tender when pierced with a knife
9. Let cool slightly and scoop out potatoes with a spoon

NOTES:

- Dry sliced potatoes with paper towel before placing in muffin tins for crispier potatoes.
- Place fewer potato slices in each cup to speed up cooking time.