

## **Rebecca's Mini Meatloafs**

*Makes 4 mini meatloafs*

Ingredients:

- 1lb ground beef (or ground meat of your choosing)
- ¼ ounce Cilantro
- 1 yellow onion
- About 2 cloves worth of minced garlic
- ½ cup Panko breadcrumbs
- Pinch of salt (optional)
- Crumbled goat cheese
- Balsamic glaze
- Cherry tomatoes

Directions:

1. Preheat Oven to 450 degrees
2. Finely chop onion and cilantro
3. Add onion, cilantro, garlic, panko salt, and beef to the same bowl. Mix with hands to combine.
4. Form into 1 inch tall loaves and place on a lightly oiled pan
5. Bake in oven until center is cooked through (about 25 minutes)

6. Top with goat cheese, halved cherry tomatoes, and balsamic glaze

Recommended options for sides:

- Couscous, flavored with lemon juice
- Baked carrots with lemon zest
- Steamed broccoli
- Roasted brussel sprouts topped with balsamic glaze