

House on Kahl Road Cookbook Recipe

Mini Meat Loaves

1 1/2	pounds ground beef *	2/3	cup finely chopped fresh parsley
1 1/4	cups finely chopped onions	3	large eggs, lightly beaten
1	cup breadcrumbs	1/2	teaspoon thyme
2/3	cup ketchup	1	teaspoon salt
1	dash hot sauce	1/2	teaspoon pepper barbecue sauce, for glaze
1	dash Worcestershire sauce		

1. Combine all ingredients and mix until well blended. Do not over mix.
2. Place a 2 inch wide parchment strip across each mould of the muffin tin, coming up from each side by about 2 inches. This will be used for unmoulding after they are cooked.
3. Fill muffin cups partway and brush meat with barbeque sauce.
4. Fill rest of tin a with meat, rounding top. Brush again with barbeque sauce.
5. Bake in preheated 350° oven for 15-20 mins.
6. Brush with more BBQ sauce every ten minutes.

* If using ground turkey or soy product, work in well 1/2 teaspoon liquid smoke for each 1 pound before preparation.

