



BBQ MEATLOAF CUPCAKES

CUPCAKE INGREDIENTS:

- 1 lb ground beef, turkey or chicken or a meat substitute like, beyond burger meat
- 1 small onion, finely chopped or grated
- 1 small carrot, finely chopped or grated
- 2 cloves of garlic minced
- 1/3 cup breadcrumbs – any kind, including almond flour or GF breadcrumbs
- ¼ cup BBQ sauce
- 1 large egg
- 2 tsp olive oil
- ½ tsp salt
- fresh ground pepper to taste

DIRECTIONS:

1. Preheat oven to 375
2. Spray a muffin tin with cooking spray and set aside.
3. Sauté onions in olive oil for 5 minutes until they begin to get soft and translucent. Add carrots and sauté another 3 minutes. Add garlic and sauté for 1 final minute. Transfer veggies to a large mixing bowl, allowing it to cool.
4. In a small bowl, gently beat the egg
5. Once vegetables are not too hot, add the meat, breadcrumbs, BBQ sauce, salt pepper and egg. Mix with your hands until everything is just combined. Don't over mix.
6. Press meat mixture into muffin tins
7. Bake on 375 for approximately 20 minutes until cooked through.

While they bake, prepare your “icing”.

CUPCAKE “ICING” INGREDIENTS

Mashed Sweet Potato Icing:

- 1-2 sweet potatoes baked or steamed
- 1-2 Tbsp butter
- ½ tsp of salt
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Mashed White Potato Icing

- 1-2 potatoes boiled

- 1 Tbsp butter
- ¼ cup milk or half n half - *optional*
- ½ tsp of salt or more to taste

Mashed Cauliflower

- 1 head of cauliflower or bag of riced cauliflower steamed
- 1-2 Tbsp butter
- ¼ cup milk or half n half - *optional*
- ½ tsp of salt

Ketchup/BBQ Icing

- Spread a layer of your favorite sauce on top

DIRECTIONS:

1. Mash potatoes or cauliflower until smooth, using a masher, potato ricer or a stick blender (don't use stick blender for white potatoes). Mix in other ingredients.
2. Once the cupcakes are ready, you can top each one with the icing using a spoon or spatula. Or you can get fancy and put the icing in a ziplock bag, cut the corner and pipe the icing on top. If you are eating later, you can top them with the icing when you are ready to eat and reheat the cupcakes with the icing on top.

Additional Cupcake Toppings

So many options: peas, corn, shredded cheese, edamame, everything bagel spice. Make them pretty!

Here is a picture of a cooking class participant who used purple cauliflower for her icing!

