Gluten Free Italian Meatloaf Muffins



These gluten free delights are the perfect portion size, and packed full of flavor. Your muffin tin isn't just for muffin's anymore. The warm comfort meal for a winter's day.

Timing

Prep time	Total time	Skill level
35 mins	**1 hr 25 mins**	**Easy**

What You'll Need

Meatloaf Muffins

- 4 cups spinach leaves, chopped
- 1 (14.5 oz.) can low-sodium cannellini beans, drained
- 2 Tbsp. Italian dressing
- 1 lb. extra lean ground beef
- ½ cup tomato sauce
- 1 Red Sun Farms® tomato, cut into 4 slices

Roasted Veggies & Pecans

- 1 lb. asparagus, tough ends removed
- 2 medium Red Sun Farms® bell peppers, seeded, sliced

- 1 Tbsp. olive oil
- 1 clove garlic, sliced
- ¼ cup pecans

Directions

Meatloaf Muffins

1. Preheat oven to 450ºF.
2. Bring 4 cups water to boil in medium saucepan.
3. Add spinach to large bowl and top with boiling water. Let sit 2 minutes, drain well. Add half of beans and mash with fork into spinach. Add remaining beans, dressing and beef. Mix well.
4. Scoop meat mixture into 8 lightly-coated muffin cups. Top with 1 Tbsp. tomato sauce and slice of tomato.
5. Place muffin tin on baking sheet and bake 25-30 minutes, or until internal temperature reach 165ºF.

Roasted Nutty Veggies

1. Preheat oven to 450ºF.
2. Combine asparagus, peppers and olive oil in baking dish.
3. Bake 10 minutes, remove from oven and add garlic and pecans Return to oven and bake 8-11 minutes, or until tender and crisp.