

Gluten Free Italian Meatloaf Muffins

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 450°F.
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 165°F.

Roasted Nutty Veggies

1. Preheat oven to 450°F.
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.