

## **MUFFIN-SIZE MEATLOAVES**

1 pound lean ground beef  
¼ cup dry vegetable soup mix  
1 cup bread crumbs  
1 tsp dried dill or oregano  
½ cup tomato or vegetable juice  
nonstick cooking spray

Heat oven to 400 degrees. Mix first five ingredients together in a mixing bowl. Spray muffin cups with cooking spray. Mound the meatloaf mixture up in the prepared cups, smoothing the tops. Bake for 30 minutes or until well done.

SERVINGS: 8 – 1 muffin meatloaf each

CALORIES: 166

CARBOHYDRATES: 11 grams

FAT: 6 grams

EXCHANGES: 2 vegetable, 2 lean meat