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