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Mashie-Topped Meatloaf Cupcakes

Courtesy of [Hungry Girl Lisa Lillien](#)

Prep time: 25 minutes
Cook time: 30 minutes
Start to finish: 55 minutes
Makes 6 Servings

Ingredients:

Meatloaf

1 1/4 lbs. extra-lean ground beef (4% fat or less)
1 cup finely chopped green bell pepper
3/4 cup finely chopped onion
1/2 cup fat-free liquid egg substitute or egg whites
1/2 cup quick-cooking oats
1/4 cup ketchup
2 tsp. garlic powder
1/2 tsp. each salt and black pepper



Mashies

20 oz. (about 3 medium) white potatoes, peeled and cubed
2 1/2 tbsp. light sour cream
1 1/2 tbsp. light whipped butter or light buttery spread
1/2 tsp. garlic powder
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. paprika
Optional seasoning: black pepper

Directions:

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all meatloaf ingredients. Thoroughly mix.

Evenly distribute meatloaf mixture among the muffin cups, and smooth out the tops with the back of a spoon. Bake until firm and cooked through with lightly browned edges, 20 - 25 minutes.

Meanwhile, bring a medium pot of water to a boil. Add potatoes, and once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer potatoes to a large bowl. Add remaining ingredients for mashies except paprika. Thoroughly mash and mix.

Evenly top mini meatloaves with mashies, and sprinkle with paprika. Eat up! Recipe makes six servings; each serving is two meatloaf cupcakes.

HG Tip! Use a piping bag to distribute the mashies. You can even create your own makeshift piping bag! Just transfer mashies to a plastic bag, and squeeze them down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping. Ta-da!

Nutritional analysis:

2 meatloaf cupcakes: 280 calories, 6.5g fat, 485mg sodium, 29.5g carbs, 3g fiber, 5.5g sugars, 25.5g protein