



HOODWINKED TOO!

HOOD vs EVIL IN 3D

ON 3D BLU-RAY™
COMBO PACK,
BLU-RAY™ & DVD
AUGUST 16TH

Confetti Mini-Meatloaf

Ingredients

1 Large Red or Green Pepper
1 Large Onion
2 Large Mushrooms, about 1/2 cup
1 Large Carrot
1-14.5 oz Can of diced tomatoes, drained
1 Small Zucchini, about 1 cup
4 Cloves Garlic
2.5 lbs Sirloin Tip Round Steak
or 93% Lean Burger
4 Large Eggs
2/3 cup whole oat bran
1 cup Old Fashioned Oatmeal (dry)
1/2 Tsp. Black Pepper
1/4 cup Fresh Parsley or 2 Tbsp. Dried Parsley
1/2 Tbsp. Mustard Powder
2 Tsp. dried Majoram
1 Tsp. garlic powder
1 Tsp. onion powder
Sea Salt to Taste
(Optional, but I like to use 2 Tsp.)

Directions

Serving Size: 2 Mini-Meatloaves
Recipe Serves: 12 (6 now and 6 later)

1. Preheat oven to 375 degrees.
2. Line two 12-cup muffin pans with paper baking liners and lightly spray them with non-stick cooking spray.

3. Use food grinder, food processor or large grater to grind/mince/shred all of your vegetables into small pieces and place them into a large bowl. Do not remove the vegetable's juices that will accumulateduring this process. Mix thoughly.

4. Grind the sirloin tip steak into the large bowl that contains the vegetables, or ad your lean burger to the bowl.

5. Crack open the eggs and ad them to the bowl with the vegetables and meat.

6. Pour oat bran, oatmeal, spices and salt (if using) over the meat. Mix well with a wooden spoon or your hands to evenly distribute the vegetables and seasonings.

7. Use a 1/3 cup dry measuring cup to scoop up your mixture and put it into the lined muffin pans.

8. Bake mini-meatloaves 30 minutes, or until a meat thermometer reads 160 degrees. Avoid overcooking or your meatloaves will become dry.

9. Remove from oven and let cool for 5-10 minutes. Remove the paper baking liner from the mini-meatloaves you plan to serve. Enjoy these plain or with your favorite sauce. Goes especially well with a baked potato and a salad.

10. After dinner place cooled leftover meatloaves into a freezer bag and place in the freezer for another meal.

