

Mini Meatloaves
From The Cook's Life
Serves 4

Adjust the Worcestershire sauce and spices to taste. I use a few shakes of each.

1 pound ground sirloin
3-4 tablespoons wheat germ or fine bread crumbs
¼ cup ketchup
1 egg
Worcestershire sauce
garlic powder
paprika
cayenne powder
salt
black pepper

Sauce:

½ cup ketchup
2-3 tablespoons brown sugar, or to taste

Preheat oven to 400 degrees. Lightly grease a broiler pan, casserole dish or baking sheet with sides.

Mix all ingredients together in a large bowl until evenly mixed.

Divide mixture into quarters and form each quarter in a stubby football shape, packing the meat together with your hands.

Place meatloaves on prepared pan, leaving space between them. Mix the ketchup and brown sugar together for the sauce. Top each loaf with a dollop of sauce. Spread the sauce over the top and partway down the sides of each meatloaf. There will be sauce left over.

Bake about 20 minutes, or until cooked through and the outside edges are starting to brown.

Let rest about 5 minutes before serving with extra sauce.

Leftovers reheat well in the microwave.