

bbq meatloaf muffins with sweet potato topping

Serves 6

RECIPE FROM: [The Real Food RDs](#)

PREP TIME: 10 minutes

COOK TIME: 20 minutes

For the meatloaf

- 1 ½ lbs lean grass-fed ground beef
- 2 tsp olive oil
- 1 small onion, minced
- 3 garlic cloves, peeled and minced
- ½ cup no sugar added barbecue sauce*
(or make your own like [this](#) or [this](#))
- 1 tsp dried thyme
- ½ tsp salt
- ½ tsp black pepper

For the sweet potatoes

- 2 medium sweet potatoes, peeled and cubed
- 1 Tbsp grass fed butter
- ¼ tsp salt

***Here are a few store bought BBQ sauce options with either no added sugar or no refined sugar:**

- [Tessemæ's](#) (sweetened with dates)
- [Primal Kitchen](#) (no added sugar)
- [The New Primal](#) (sweetened with pineapple)

PREHEAT oven to 350°F.

PLACE ground beef in a medium bowl and set aside.

HEAT oil in a small skillet over medium heat. Add onions and sauté, stirring occasionally, until they start to soften.

ADD garlic, cook 30 seconds or until fragrant.

ADD onion-garlic mixture to ground beef. Add barbecue sauce, sea salt, pepper and dried thyme. Using your hands or a spoon, mix well to combine.

DIVIDE meat mixture evenly among 12 wells of a muffin pan.

BAKE in pre-heated oven for 20 minutes or until meat is no longer pink in the center (don't overcook though).

BAKE, steam or microwave sweet potatoes until tender while meatloaves are baking.

PUREE or mash potatoes with butter in a food processor or with a fork.

SCOOP sweet potato topping onto meatloaves with a spoon or fill a plastic zip-top with topping, trim the corner of the bag with scissors and pipe topping onto meatloaves. Or serve alongside the meatloaves.

