PALEO MEATLOAF MUFFINS

from **TAZANDBELLY.COM**

*Oven Temperature: 375**

Prep Time: 20 minutes

Cook Time: 35 minutes

Servings: one dozen muffins

[Gluten free; Whole30 approved]

Ingredients:

1.5 pounds, grassfed ground beef
1 medium white onion, diced
1/2 red bell pepper, diced
1 small can tomato paste
3 TB dijon mustard
2 eggs
3 cloves of garlic, minced
1 tsp salt
1/2 tsp pepper
1tsp onion powder
1/2 tsp chili pepper flakes
2 TB dried oregano
1 tsp dried thyme
2 TB dried parsley
1 tsp ground coriander
dash of nutmeg

Instructions:

Mix all ingredients in a large bowl to combine. Divide evenly into lightly greased muffin tin. Bake on 375 for 35 minutes or until fully cooked. Please note, ovens will vary. Adjust time as necessary.*

www.tazandbelly.com/2017/01/january-whole30-week-two-update.html