

Italian Mini Meat Loaves

- ~ 1 1/3 pounds ground beef
- ~ 1 large egg, beaten
- ~ 2/3 cup Italian bread crumbs or Panko
- ~ 1/4 cup grated Parmigiano
- ~ 1 small yellow onion, finely chopped
- ~ 4 cloves garlic, chopped
- ~ 3 Tbsp. tomato paste
- ~ salt & pepper
- ~ extra-virgin olive oil

Preheat oven to 425° F.

Place meat in a bowl. Add egg, bread crumbs, Parmigiano, onions, garlic, tomato paste, salt and pepper. Mix meat and breading and form 4 individual oval meat loaves, 1-inch thick Coat loaves with extra-virgin olive oil and arrange on a baking sheet. Roast 18 to 20 minutes.

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