



Makes 24

1 ½ cups bread crumbs  
4 eggs  
1 cup salsa  
2 tbsp chili powder  
2 tsp oregano  
2 tsp onion powder  
½ tsp salt  
1 19 fl oz can of black beans, drained and rinsed  
3 lbs (1.4kg) lean ground beef

Preheat oven to 400F

1. Spray two, 12-cup muffin tin with non-stick spray.
2. Mix together the bread crumbs, eggs, salsa, chili powder, oregano, onion powder and salt in a large bowl until everything is well combined. Add the black beans and ground beef and use your hands to mix everything together.
3. Form the mixture into 24 equal meatballs then place them into the two, 12 muffin cup pans. Use a damp hand to firmly press the meatballs down so they are flat on top.
4. Cook for 20min.
5. Remove from the oven and allow the meatloaves to cool for 5min. Use a small knife to cut the meatloaves away from the side of the muffin cups. Gently remove them from the pan and serve.

Serve with sour cream, salsa and grated cheese.

TIP: Freeze meatloaves in a single layer

To reheat: From frozen, place in a 350F oven and cook for 10-12min or until heated throughout. Alternatively, you can place in the microwave for 3-4min until heated thoroughly.