

## Gluten Free Italian Meatloaf Muffins

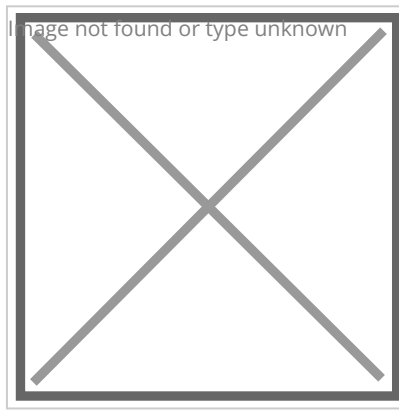
### What You'll Need

#### Meatloaf Muffins

- ▣ 4 cups spinach leaves, chopped
- ▣ 1 (4.5 oz.) can low sodium cannellini beans, drained
- ▣ 2 Tbsp. Italian dressing
- ▣ 1 lb. extra lean ground beef
- ▣ ½ cup tomato sauce
- ▣ 1 Red Sun Farms® tomato, cut into 4 slices

#### Roasted Veggies & Pecans

- ▣ 1 lb. asparagus, tough ends removed
- ▣ 2 medium Red Sun Farms® bell peppers, seeded, sliced
- ▣ 1 Tbsp. olive oil
- ▣ 1 clove garlic, sliced
- ▣ ¼ cup pecans



### Directions

#### Meatloaf Muffins

1. Preheat oven to 450°F.
2. Bring 4 cups water to boil in medium saucepan.
3. Add spinach to large bowl and top with boiling water. Let sit 2 minutes, drain well. Add half of beans and mash with fork into spinach. Add remaining beans, dressing and beef. Mix well.
4. Scoop meat mixture into 8 lightly-coated muffin cups. Top with 1 Tbsp. tomato sauce and slice of tomato.
5. Place muffin tin on baking sheet and bake 25-30 minutes, or until internal temperature reach 165°F.

#### Roasted Nutty Veggies

1. Preheat oven to 450°F.
2. Combine asparagus, peppers and olive oil in baking dish.
3. Bake 10 minutes, remove from oven and add garlic and pecans Return to oven and bake 8-11 minutes, or until tender and crisp.