

## Game Day Meat Loaf "Cupcakes"

(Serves 4-6)

### Ingredients

2 lbs ground beef  
1 white onion  
1 cup baby bella mushrooms  
1 cup Italian bread crumbs  
1 egg  
1 tbsp SOTE' seasoning salt (plus additional to taste)  
2 tbsp Worcestershire sauce  
1 bag of frozen Russet cubed potatoes  
2/3 cup milk  
4 tbsp butter  
PAM spray

### Preparation

Coarsely chop mushrooms and onions.  
Use PAM or 2 tbsp light butter to saute in sauce pan.  
Season lightly with SOTE' (seasoning salt) while cooking to enhance flavor.  
Allow to cool for 5 minutes.

Place mushrooms and onions in stainless bowl with ground beef, egg, bread crumbs, Add 1 tbsp SOTE' and 2 tbsp of Worcestershire sauce.  
Mix until all ingredients are thoroughly blended together.

Spray PAM into twelve muffin baking tin.  
Firmly pack meat mixture into tin. The meat should be tight and will protrude up from tin but do not allow any to go past the edge of each opening.

Cook at 350 degrees for 35 minutes (or until meat is cooked throughout).

Microwave bag of potatoes per instructions (10 minutes).  
Open bag, add butter and milk as bag recipe describes. Lightly sprinkle with SOTE' to taste.

Place each meat-loaf "cupcake" on serving plate. Spread mashed potatoes on top for the "icing" on your "cupcake"! Serve immediately.

Note: Complimentary vegetable -- steamed green beans seasoned with SOTE' are an excellent choice.

