

Bacon Wrapped Mini Meat Loaves

Author: adapted from an online recipe, Black Estate in Dallas, Texas in 1990 via grouprecipes.com

***Carolyn T's
Main Cookbook***

Servings: 6



Notes: If you'd like a more Greek theme, use about 2 ounces of crumbled Feta instead of cheddar. Add oregano instead of thyme. If desired, you can shape these into globes, put plastic wrap into each muffin tin, put meat into each hole, then freeze until firm, remove and put in plastic bag. Defrost by putting each meat globe (without plastic wrap) into the muffin tin well. Allow to defrost for an hour, then bake as indicated.

Description:

1. Preheat oven to 350 then mix all ingredients except bacon and shape into 6 small round loaves. Place globes into large muffin tin.
2. Crisscross a half slice of bacon across each loaf tucking ends down sides of each loaf.
3. Bake for 40 minutes or until cooked through.
4. Allow to stand 10 minutes before serving.

- 1 1/2 pounds lean ground beef**
- 4 ounces cheddar cheese, shredded**
- 1 large egg**
- 1/4 cup dry bread crumbs**
- 1/4 cup white onion, chopped**
- 1/4 cup lemon juice**
- 1/4 cup red bell pepper, chopped**
- 1 teaspoon salt**
- 2 teaspoons dried thyme**
- Pepper to taste**
- 6 slices bacon, each cut in half**

Categories: Beef

***Blog: Carolyn T's Blog:
<http://tastingspoons.com>***

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Per Serving (excluding unknown items): 450 Calories; 34g Fat (69.0% calories from fat); 29g Protein; 6g Carbohydrate; 1g Dietary Fiber; 146mg Cholesterol; 703mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 4 1/2 Fat.