

## Paleo Mini Meatloaves

### Ingredients:

- 2 pounds ground meat – mixture of grass fed beef and/or pork and/or veal ( you can substitute with chicken or turkey)
- 10 ounces frozen, chopped spinach
- 1-2 teaspoons oil
- 1 medium onion, finely diced
- 6 ounces mushrooms, finely diced
- 2 carrots, grated or finely diced
- 4 eggs lightly beaten
- 1/3 cup coconut flour
- 2 teaspoon salt
- 2 teaspoon pepper
- 2 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried thyme
- ¼ teaspoon grated nutmeg



### Instructions:

- Preheat oven to 375 degrees F
- Thaw the spinach, squeeze out the excess water and set aside.
- Heat pan on medium heat, add the oil and fry the onions and mushrooms until the onions are translucent and some of the liquid has cooked out of the mushrooms. Set aside.
- Place ground meat in a large bowl; add the spinach, carrots, mushrooms/onion mixture, beaten eggs, coconut flour and all the spices. Use your hands to combine well.
- Fill 18 regular size muffin tins to the top with the meatloaf mixture (Greasing the tins may be a good idea if the meat you're using is fairly lean).
- Cook for 20-25 minutes or until internal temperature reaches 160 degrees.
- Allow to cool and use knife to loosed meatloaves from the sides of the pan before removing.
- Optional: You can serve the **paleo mini meatloaves** with marinara sauce – either homemade or a good jarred sauce with natural ingredients and no sugar.