



Main Dish Muffin Tin Recipes

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recipes via [Kraft foods](#)

I love making things in muffin tins. Now that the holidays are behind us I know a lot of people who are trying to cut back on their food intake. This is another way of saying diet, but diets seem to only work for the short term. A large part of maintaining your weight is portion control. These recipes aren't necessarily low calorie, but I like the fact that the portions are already established for you and they look cute on a plate. These are two of my families favorites. Both of the recipes are from [kraft foods](#).

Mini Taco Bowls

8 flour tortillas (6 inch)
1 lb. extra-lean ground beef
1 cup Salsa
1/2 cup KRAFT 2% Milk Shredded Cheddar Cheese
2 cups chopped lettuce
1 tomato, chopped
1/4 cup KRAFT Classic Ranch Dressing

Microwave tortillas on HIGH 30 sec. Line each of 8 muffin cups with 1 tortilla. Carefully fold back edges of tortillas, leaving opening in centers for filling. Bake 10 min. at 350. Meanwhile, brown meat in large skillet; drain. Stir in salsa; bring to boil. Simmer on medium-low heat 10 min. Spoon meat mixture into tortilla bowls; top with remaining ingredients. I also like to have guacamole and sour cream on hand as well to put on top.

Mini Meatloaves

1 lb. extra lean ground beef
1 6 oz. pkg stove top stuffing mix
1 cup water
3/4 cup shredded cheese

Topping options:

American Style – 1 tsp garlic powder and 3/4 cup BBQ sauce

Italian Style – 1 tsp Italian dressing, 3/4 cup spaghetti sauce

Mexican Style – 2 tsp chili powder, 3/4 cup Salsa

Heat oven to 375. Mix meat, stuffing mix, water and add in your preferred dry ingredient seasoning from the options above. Press into 12 muffin cups sprayed with cooking spray. Make an indentation in the center of each meatloaf with a spoon and fill with your preferred sauce. You can also omit the sauce. Some of my family members prefer it without sauce. Bake 30 minutes or until cooked through (160 degrees). Top with cheese and continue baking until cheese is melted.

Date Created

2013/01/03

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