



## Turkey Veggie Meatloaf Cups

Savannah · 30/09/2024



### Prep Time

5 mins

### Difficult

Medium

### Servings

50 mins

### Description

This recipe for meatloaf cups is super delicious and incredibly easy It has become one of my absolute favorites I pass it on to everyone I know and they all rave about it too

### Ingredients

- - cooking spray - 2 cups coarsely chopped zucchini - 1 ½ cups coarsely chopped onions - 1 red bell pepper
- coarsely chopped - 1 pound extra lean ground turkey - ½ cup uncooked couscous - 1 large egg - 2 tablespoons Worcestershire sauce - 1 tablespoon Dijon mustard - ½ cup barbecue sauce
- or as needed

### Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Spray 20 muffin cups with cooking spray. Place zucchini
2. onions
3. and red bell pepper into a food processor
4. and pulse several times until finely chopped but not liquefied. Place the vegetables into a bowl and mix in ground turkey
5. couscous
6. egg
7. Worcestershire sauce
8. and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce. Bake in the preheated oven until juices run clear
9. about 25 minutes. An instant-read thermometer inserted into the center of muffins should read at least 165 degrees F (74 degrees C). Let stand 5 minutes before serving.