

## **CHERRY CHIPOTLE MEATLOAF CUPCAKES**

*(slightly modified from Shockingly Delicious)*

2 teaspoons olive oil  
1 medium shallot, finely chopped  
3 carrots, peeled, trimmed, finely chopped  
2 celery stalks, trimmed, finely chopped  
1 cup sliced mushrooms  
1/2 yellow bell pepper, chopped mini sweet bell peppers, stemmed, finely chopped  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
1/2 teaspoon sea salt  
A few grinds black pepper

1 pound organic ground grass-fed beef  
1/4 cup almond flour (or almond crumbs, see notes)  
1 tablespoon Dijon mustard  
1 egg, beaten  
1/4 cup Cherry Chipotle Not Ketchup  
1/2 cup minced Italian parsley

Heat oven to 375 degrees. Make vegetable mixture: Heat oil in a skillet on medium heat. Add shallots, carrots, celery, mushrooms, peppers, oregano, thyme, salt and pepper and sauté until vegetables are soft, about 5 minutes. Turn heat off and remove pan from burner; set aside to cool for 5-10 minutes.

Make meat loaf cupcakes: In a large mixing bowl, combine vegetable mixture, beef, almond flour, Dijon, egg, Not Ketchup, and parsley. Use hands to combine well. Lightly oil 8 muffin tins. Divide meat loaf mixture among 8 muffin cups. Bake for 25 minutes or until cooked through. Remove pan from oven and cool for a couple of minutes.