



# MEDICATED MEATLOAF “MUFFINS” WITH MASHED POTATO “FROSTING”

*Elevating a classic meatloaf into beautiful, savory, single-portion works of art, these meatloaf muffins are a wonderful twist on a widely loved comfort food!*



PREP TIME  
20 MIN



COOK TIME  
40 MIN



SERVINGS  
12 MUFFINS

## Ingredients

### for the meatloaf:

- 1 ½ lbs. ground beef
- ½ onion – finely diced
- 1 T olive oil  
(sub. cannabis infused oil if desired)
- 2 cloves garlic – or more ♥
- ½ green pepper – finely diced (or poblano)
- ¾ cup seasoned breadcrumbs
- ¼ cup barbecue sauce
- 1 T Worcestershire sauce
- 2 eggs
- 2 T parsley –chopped
- salt and pepper to taste

### for the glaze:

- ⅓ cup ketchup
- ⅓ cup chili sauce
- 1 T brown sugar
- dabbable syringe, if using

### for the mashed potato topping:

- 2 lbs. (6 medium) russet potatoes
- ¾ cup hot milk
- 1 stick (½ cup butter) room temperature  
(sub. canna-butter if desired)
- 1 t sea salt
- ½ T fresh parsley **or** chives – finely chopped– for garnish

## Instructions

1. Measure seasonings and bring out eggs, ground beef, and butter. Peel and dice potatoes. Soak them in water and a pinch of salt to remove starch. Dice the onion and pepper, mince garlic, and chop parsley. Pre-heat oven to 350°F and grease a 12-cup muffin pan.
2. Heat olive oil in a skillet and sauté onions and peppers for 5 minutes until softened. Add garlic and sauté 30 seconds until fragrant. Set aside and let cool. (Start the potatoes by bringing to a boil in a large pot, and start boiling another pot of salted water for blanching broccolini. To blanch, insert in boiling water for 3 minutes and then plunge in ice bath. Before roasting, pat dry and oil/season as desired)
3. Mix all of your meatloaf ingredients, including the cooled onion, pepper, and garlic mixture, until just incorporated.
4. Use a large spoon or ice cream scoop to fill each muffin tin evenly. Gently pat them flat. Place in the oven and bake for 20 minutes.
5. In a small pot, add your glaze ingredients (and dabbable syringe if using). Incorporate well with a metal or silicone whisk. Let simmer. Drain potatoes when fork-tender, and let them steam in pot for 30 seconds. Mash with rest of mashed potato topping ingredients.
6. Once meatloaf muffins have baked for 20 minutes, take them out and spoon equal amounts of glaze on each muffin. Return to the oven for 10 more minutes along with the blanched seasoned broccolini.
7. Top meatloaf muffins with mashed potato frosting with a piping bag. Bake in oven for 5-10 more minutes. Plate, garnish & enjoy!

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<https://www.plant-family.com/thc-dosage-calculator/> \*\*

