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Meatloaf Cupcakes



Meatloaf:

- 1 pound ground beef
- 1/2 pound sausage
- 1/2 cup shredded cheese
- 1 egg
- 1/2 tsp. granulated garlic
- 1/4 cup onion, diced
- 1 medium carrot, grated
- 1/4 cup panko bread crumbs
- 1/4 cup ketchup
- 1/4 cup French fried onions

Mashed Potatoes:

- 2-3 medium potatoes, peeled
- 2 Tbsp. butter
- 1/2 tsp. salt
- 1/2 cup milk
- 1/4 cup sour cream

Garnishes:

- fresh parsley, chopped
- ketchup
- onion, diced

Meatloaf: Preheat the oven to 350°F and use nonstick spray inside the bottoms and sides of each cup in your muffin tin. In a large bowl combine all the ingredients for the meatloaf and mix well. With a large spoon, fill each cup of your muffin tin $\frac{3}{4}$ full of the meatloaf mixture. Bake for 20-25 minutes. **Mashed Potatoes:** Place your peeled potatoes in a large pot covered with water and bring to a boil on high heat. Cook until potatoes are tender. Drain the water off the cooked potatoes. In a large mixing bowl use a hand mixer and add the remaining ingredients. Mix the ingredients together until fluffy. **Assemble Meatloaf Cupcakes:** Remove each meatloaf cupcake from the muffin tin gently by running a fork around the edges of each meatloaf cupcake to loosen. Then place the “cupcakes” on a plate. Put a small amount of ketchup or BBQ sauce on top of each meatloaf cupcake. Using a piping bag with a large star tip or you can use a ziplock bag and snip a small corner off. Pipe potato “icing” on top of each ketchup covered cupcake. Sprinkle with French fried onions, parley, paprika, or shredded cheese. Serve hot.

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Monster Cookies



- 1/2 cup butter, softened
- 1 1/2 cups peanut butter
- 1 cup granulated sugar
- 1 1/4 cups brown sugar
- 3 eggs

- 1 tsp. vanilla extract
- 2 tsp. baking soda
- 4 1/2 cups oats – grind into flour in the blender
- 1 cup M&Ms, mini or regular
- 1 cup chocolate chips

Preheat the oven to 350°F. Cream the butter, peanut butter, sugar and brown sugar together with an electric mixer for about 2-3 minutes. Add the eggs and vanilla and mix well. Add the oat flour and baking soda and mix into the butter mixture until smooth. Stir in the M&Ms and chocolate chips. Use a cookie scoop to scoop out tablespoonfuls of dough and place on a prepared cookie sheet. Bake for 8-10 minutes. Let the cookies cool for a few minutes on the cookie sheet and then transfer to a wire rack to cool completely.

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