

# COWBOY CHEF'S TABLE

CHEF ELIZABETH HOWE, OKLAHOMA MARKET CHEF OF US FOODS

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## *Meatloaf Muffins*

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### *Ingredients*

#### *Meatloaf*

- 1 cup yellow onion, small dice
- 1/2 cup carrot, shredded
- 1 tsp 1 tsp dried oregano
- 2 ea garlic cloves, minced
- 1/2 cup ketchup
- 1 1/2 lb ground turkey
- 1 cup saltine crackers, crushed
- 2 tbsp Dijon mustard
- 2 tsp Worcestershire sauce
- 1/4 tsp ground black pepper
- 2 ea large eggs

#### *Mushroom Gravy*

- 2 cups demi glace
- 1/2 cup heavy cream
- 1 cup button mushrooms, sliced
- tt kosher salt
- tt black pepper

### *Method*

#### *Meatloaf Muffins*

1. Heat oven to 350.
2. Heat oil in large skillet on medium high heat.
3. Add onion, carrots, oregano and garlic. Saute for 2 minutes or until soft and starting to caramelize.
4. Combine onion mixture, 1/2 cup ketchup and remaining ingredients in a large bowl.
5. Spoon mixture into 12 muffin cups coated with cooking spray.
6. Top each muffin with 2 tsp ketchup.
7. Bake at 350 for 25 minutes or until thermometer reads 165 degrees.
8. Let stand for 5 minutes before serving.

#### *Mushroom Gravy*

1. Heat oil in Large Skillet on medium high heat.
2. Add mushrooms, saute until soft and well caramelized.
3. Deglaze pan with demi glace. Add heavy cream and simmer until desired reduction