

# Mexican Mini Meatloaf w/ Mashed Plantain Topping (Whole30, Paleo)

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Last week I made Thanksgiving Dinner cupcakes, and since they were such a hit, I decided to do another spin on them this week with these adorable Mexican Mini Meatloafs!

I used Ground Beef, Bell Peppers, & Onions seasoned with Siete Mild Taco Seasoning to create a perfectly seasoned meatloaf mixture, then topped it with Cinnamon Spiced Mashed Plantains which resulted in a sweet & savory combination that left my taste buds craving more(I can seriously eat 3 of these in one sitting 😊).

Garnish each one with a slice of Jalapeño Pepper for that little extra kick, or at least for a photo cause it looks so damn cute! I served mine with a side of Sautéed Garlic Spinach as well as Salsa & Dairy Free Sour Cream!

## INGREDIENTS:

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### *For the Mexican Mini Meatloaves :*

- 2 lbs Ground Beef (90% Lean)
- 2 Small/Medium Yellow Onions, diced
- 3 Bell Peppers, diced
- 1/2 Cup Coconut Flour
- 2 Eggs, whisked
- 2 Packets Siete Mild Taco Seasoning
- 2 Tbsp Tomato Paste
- 2 tsp Dijon Mustard
- 1/3 Cup Fresh Cilantro, chopped
- 2 Sliced Jalapeños, for garnish
- Dairy Free Sour Cream (optional topping)
- Salsa (optional topping)
- Lime (garnish)
- Cilantro (garnish)

### ***For the Mashed Plantain Topping:***

- 4 to 5 Ripe Plantains, peeled and sliced into 1/3's
- 1/2 Cup Coconut Milk
- 1 Tsp Cinnamon
- Salt to taste

### **INSTRUCTIONS:**

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1. Preheat your oven to 350F and grease all 12 wells of 2 standard muffin pans.  
Heat your Oil in a large skillet over medium/high heat. Once hot, add in your Peppers & Onions and cook for 8-10 minutes. Remove from heat.
2. In a large bowl, mix Ground Beef with your Vegetable Mixture, Coconut Flour, and Taco Seasoning.
3. In the same bowl you whisked your eggs in, add the Tomato Paste, Mustard, and Cilantro. Mix well, then add this picture to your Ground Beef Mixture.
4. Continue mixing well until everything is evenly incorporated. Using a 1/3 Cup, divide mixture evenly into the wells of your muffin pans and bake for 22-25 minutes.
5. While your Mini Meatloaves are baking, bring a large pot of water to a boil and add your plantains. Boil for 10-12 minutes, drain, then add to a food processor with the remaining ingredients and blend until smooth. Transfer to a plastic bag and cut off the tip to pipe onto your Mini Meatloaves.
6. Remove your Mini Meatloaves from the oven, allow to cool for 5 minutes, then cover each one in your Plantain Topping. Garnish with a Jalapeño slice and serve with Salsa & Dairy Free Sour Cream! Enjoy!

***MAKES 22-24 MEATLOAVES!***

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