

# Cleo Coyle's Mini Meat Loaves

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

There is nothing like meat and potatoes for a simple, satisfying comfort food dinner. Assistant chef Luther Bell knew it, which is why these Mini Meat Loaves became the anchor for one of his most popular "Chalkboard Specials" at the Village Blend Jazz Space, a relaxed supper club in our bestselling culinary mystery [DEAD TO THE LAST DROP](#). Speaking of mysteries, there is a mystery ingredient in these Mini Meat Loaves, one that many home cooks already know about—Special K cereal. Used as a binder instead of your typical bread crumbs or torn bread slices, this crunchy cereal is crushed up and added to the meat mixture, producing a lighter and more delicious little loaf of meat with a fluffy texture, like the very best meatballs, yet with enough meat in each serving to satisfy hungry humans.

Before serving these little loaves, be sure to drizzle generously with Luther's Roasted Garlic Gravy and serve with a side of Smashed Baby Reds. [Click here](#) for the **gravy recipe**. [Click here](#) for the **smashed potatoes**, and may you eat with comfort food joy! ~ **Cleo**

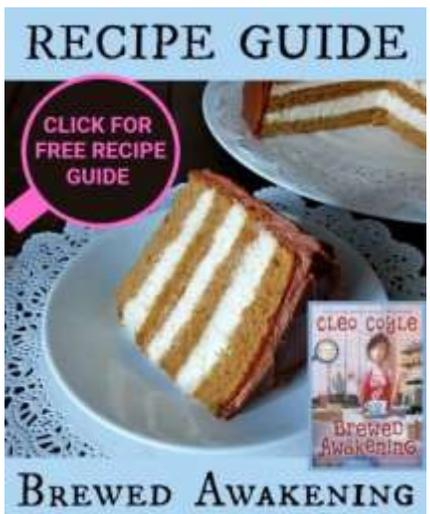
Makes 4 to 5 mini meat loaves

## Ingredients:

- 2 to 2-1/2 pounds ground beef
- 1/3 cup white onion, finely chopped
- 1 cup crushed Special K cereal (measure after crushing)
- 2 eggs, beaten lightly with fork
- 1/2 cup evaporated milk
- 1/2 teaspoon dry mustard powder
- 1/2 teaspoon Worcestershire sauce
- 1 tablespoon ketchup



Photo by Cleo Coyle



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**Step 1 – Prep oven, pan, and cereal:** First preheat oven to 350 degrees Fahrenheit. Line a large baking sheet with aluminum foil and coat the foil lightly with non-stick spray. Using clean hands, gently crush the Special K cereal and measure 1 cup, set aside.

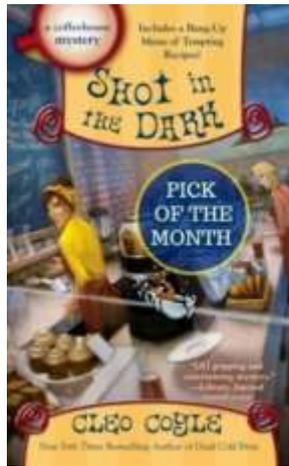
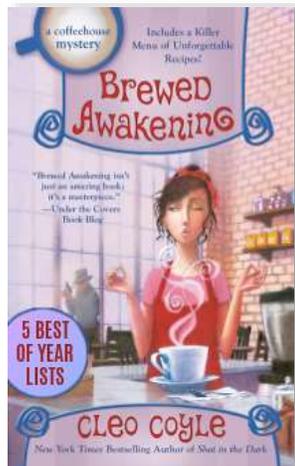
**Step 2 – Mix and form loaves:** In a large bowl, combine the ground beef, chopped white onions, crushed Special K cereal, beaten eggs, evaporated milk, mustard powder, Worcestershire sauce, and ketchup. Use clean hands to mix the ingredients. Form four or five meat loaves and place them on the foil-covered baking pan, at least two inches apart.

**Step 3 – Bake 30 to 35 minutes** in your preheated 350 degrees F. oven. Mini meat loaves are done when exteriors are well-browned and interiors register 165 degrees. Remove from oven and let the loaves sit ten minutes before serving—this sitting time allows the juices to recollect and keeps the meat moist.

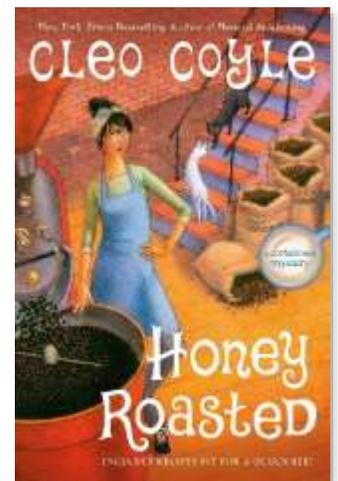


Serve with **Roasted Garlic Gravy**. [Click here](#) for the recipe.

*Eat with joy! ~ Cleo*



The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at [www.CoffeehouseMystery.com](http://www.CoffeehouseMystery.com) And her recipe blog at [www.CleoCoyleRecipes.com](http://www.CleoCoyleRecipes.com)



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