

Skillet Meatloaves

THM-Friendly: S

Meatloaves:

- 1.5 lbs. 90-93% lean ground beef
- 2 Tbsp. THM [Baking Blend](#)
- 1 whole egg
- 1/2 tsp. [mineral salt](#)

Sauce:

- 1 lb. fresh mushrooms, sliced
- 3 Tbsp. butter
- 32 oz. chicken broth
- 8 oz. tomato sauce

Mix meatloaves ingredients well by hand and form into 5-6 patties. Form them roughly into patties, not too thick. They do not have to be perfectly shaped! Slap them in a big skillet.

Cook for 8 minutes on each side on medium-high. It's okay if they're not cooked all the way through because you'll be cooking them more in the sauce later. Remove from the pan and place on paper towels.

In the same pan (do not drain), add the mushrooms and the butter and cook down until the mushrooms are nice and browned. Then add the broth and tomato sauce. Simmer for about 10 minutes until reduced about halfway down and thickened some.

Add the burgers back into the pan and simmer for an additional 5-7 minutes.

Serve loaves topped with the sauce!

enJOY!

