

Meatloaf Cupcakes with Whipped Potatoes - A Mini Comfort Food Classic

Meatloaf Cupcakes with Whipped Potato Topping



OVEN
375°F

TIME
15 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

For the Meatloaf:

1 lb ground beef (or ground turkey)

$\frac{1}{2}$ cup breadcrumbs

$\frac{1}{4}$ cup milk

1 egg

$\frac{1}{4}$ cup ketchup

1 tablespoon Worcestershire sauce

1 teaspoon garlic powder

1 teaspoon onion powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon black pepper

For the Mashed Potato Topping:

2 large potatoes, peeled and cubed

2 tablespoons butter

$\frac{1}{4}$ cup sour cream

Salt and pepper to taste

Chopped parsley (for garnish)

DIRECTIONS

1. ? Step 1: Make the Mashed Potatoes: Place peeled, cubed potatoes in a pot of salted water. Boil until fork-tender, about 15 minutes.
2. Drain and mash with:
3. Butter
4. Milk
5. Sour cream
6. Salt and pepper to taste
7. Set aside while you make the meatloaf.
8. ? Step 2: Prep the Meatloaf: Preheat oven to 375°F (190°C). Lightly grease a 12-cup muffin tin.
9. In a large bowl, mix:
10. Ground beef
11. Breadcrumbs
12. Egg
13. Ketchup
14. Worcestershire sauce
15. Garlic powder
16. Onion powder
17. Salt and pepper
18. Mix just until combined-don't overwork!
19. ? Step 3: Bake: Divide the meat mixture evenly into the muffin tin-about 2 tablespoons per cup.
20. Gently press each one in to shape. Bake for 20-25 minutes, or until fully cooked (internal temp of 160°F/71°C).
21. Remove from oven and cool for 5 minutes.
22. ? Step 4: Top and Broil: Spoon or pipe the mashed potatoes onto each mini meatloaf.

23. Place under the broiler for 2-3 minutes or until the tops are lightly golden and crisp.
24. Watch closely-they brown quickly!
25. ? Step 5: Garnish and Serve: Sprinkle with chopped parsley for color and serve warm with your favorite sides or sauces.

SWAPS & NOTES

Protein: Try ground chicken or a meatloaf mix (beef/pork/veal).

Breadcrumbs: Panko, crushed crackers, or gluten-free crumbs all work.

Potatoes: Yukon golds for buttery texture or russets for a fluffier mash.

Cheesy twist: Add a little shredded cheddar to the potato topping.

TIPS FOR SUCCESS

Use a piping bag or zip-top bag with the corner snipped for a decorative topping.

Drain the potatoes well to avoid watery mash.

Check doneness with a thermometer to avoid over- or undercooking the meatloaf.

Don't skip resting: It helps the meatloaf hold together when removed from the tin.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/meatloaf-cupcakes-with-whipped-potatoes-a-mini-comfort-food-classic/>