

## Mini Stuffed Meatloaf Bites with Gooey Cheddar Centers

Cheesy Stuffed Meatloaf Bites ??



**OVEN**  
**375°F**

**TIME**  
**30 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 1 lb ground beef
- $\frac{1}{2}$  cup breadcrumbs
- $\frac{1}{4}$  cup milk
- 1 large egg
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp salt
- $\frac{1}{2}$  tsp black pepper
- 1 tsp Worcestershire sauce
- $\frac{1}{4}$  cup ketchup
- 1 tbsp mustard
- $\frac{1}{2}$  cup grated cheddar cheese
- $\frac{1}{4}$  cup fresh parsley, chopped (plus extra for garnish)

#### Instructions:

1. Preheat Oven:

Set oven to 375°F (190°C).

Line a baking sheet with parchment paper or lightly grease.

2. Mix the Meatloaf Base:

In a large bowl, combine ground beef, breadcrumbs, milk, egg, onion, garlic, salt, pepper, Worcestershire, and parsley.

Mix until fully combined, but don't overwork the meat.

3. Form the Bites:

Scoop about 2 tablespoons of meat mixture and flatten in your hand.

Add a pinch of cheddar in the center and mold the meat around it to form a ball.

Place on prepared sheet. Repeat with remaining mixture.

#### 4. Make the Glaze:

In a small bowl, mix together ketchup and mustard.

Brush the top of each meatball generously with glaze.

#### 5. Bake:

Bake for 25-30 minutes, until the bites are fully cooked (internal temp of 160°F) and tops are glazed and caramelized.

#### 6. Serve:

Garnish with fresh parsley and serve warm!

Tips for Success:

Use a cookie scoop for evenly sized bites

Don't overmix the meat-it keeps the texture tender

Want extra flavor? Add a splash of BBQ sauce to the glaze

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5. Form the Bites:: Scoop about 2 tablespoons of meat mixture and flatten in your hand.
6. Add a pinch of cheddar in the center and mold the meat around it to form a ball.
7. Place on prepared sheet. Repeat with remaining mixture.
8. Make the Glaze:: In a small bowl, mix together ketchup and mustard.
9. Brush the top of each meatball generously with glaze.
10. Bake:: Bake for 25-30 minutes, until the bites are fully cooked (internal temp of 160°F) and tops are glazed and caramelized.
11. Serve:: Garnish with fresh parsley and serve warm!
12. Tips for Success: Use a cookie scoop for evenly sized bites
13. Don't overmix the meat-it keeps the texture tender
14. Want extra flavor? Add a splash of BBQ sauce to the glaze
15. Swap cheddar for mozzarella or pepper jack for variety
16. Serving Suggestions & Pairings: These meatloaf bites are incredibly versatile. Serve them:
17. Over mashed potatoes or with roasted veggies

18. On skewers with cherry tomatoes and pickle slices for parties
19. As sliders with mini buns and extra cheese
20. Alongside : Beer Cheese Dip for the ultimate game-day platter
21. With : Sheet Pan Quesadillas for a hearty appetizer spread
22. Or next to : Dorito Casserole for a full-on comfort food feast
23. Storage & Leftovers: Fridge: Store in an airtight container up to 4 days
24. Freezer: Freeze baked bites up to 2 months; reheat from frozen at 350°F until hot
25. Reheat: Microwave or bake at 350°F for 8-10 minutes until warmed through

## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/mini-stuffed-meatloaf-bites-with-gooey-cheddar-centers/>