

Sticky BBQ Meatloaf Muffins with Cheddar: The Ultimate Comfort Food

There's something incredibly comforting about a classic meatloaf. This recipe for



OVEN
350°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 pound ground beef
- 1 cup breadcrumbs
- 1/2 cup grated onion
- 1/4 cup chopped fresh parsley
- 1/2 cup milk
- 1 large egg
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/2 cup barbecue sauce (plus extra for topping)
- 1 cup shredded cheddar cheese

Swaps and Notes:

Ground Meat: While ground beef is a classic choice, you can also use a combination of ground beef and pork, or a leaner ground meat like turkey. Just be aware that leaner meats may require a bit of extra moisture to stay juicy.

Cheese: Shredded cheddar cheese is a perfect choice, as its sharp flavor and melting ability are a great match for the savory meatloaf. You could also use a Mexican blend, Monterey Jack, or even some shredded provolone for a different flavor profile.

Barbecue Sauce: A good quality barbecue sauce is key to the flavor of this recipe. You can use your favorite brand, or even a spicy BBQ sauce for a kick.

Breadcrumbs: Plain breadcrumbs work well, but you can also use panko breadcrumbs for a slightly different texture.

Pro Tip: The user's notes mention adding chopped cooked bacon or diced bell peppers into the meat mixture. This is a fantastic idea, as it adds an extra layer of flavor and texture. Crumbled bacon adds a salty, smoky crunch, and diced bell peppers add a nice sweetness and freshness.

Instructions:

Preheat Oven and Prep Pan: Preheat your oven to 350°F (175°C). Lightly grease a standard-sized muffin tin.

Combine Meatloaf Mixture: In a large mixing bowl, combine the ground beef, breadcrumbs, grated onion, fresh parsley, milk, large egg, salt, black pepper, garlic powder, smoked paprika, and 1/2 cup of barbecue sauce. Use your hands to mix until all ingredients are just well combined. Be careful not to overmix, as this can make the meatloaf tough.

Fill the Muffin Tin: Divide the meatloaf mixture evenly among the muffin cups. Press the meat mixture down gently to form a slight dome on top. This will create a nice, round meatloaf muffin.

Initial Bake: Place the muffin tin in the preheated oven and bake for 25 minutes. The muffins will be cooked through but not yet topped.

Top and Finish: After 25 minutes, carefully remove the muffin tin from the oven. Dollop an additional spoonful of barbecue sauce on top of each muffin, and then sprinkle generously with the shredded cheddar cheese.

Final Bake: Return the muffin tin to the oven and bake for an additional 10 minutes, or until the cheese is melted and bubbly and the top is golden brown.

Cool and Serve: Remove the muffin tin from the oven and let the muffins cool for about 5 minutes before carefully removing them from the tin.

Tips for Success:

Don't Overmix: Overmixing the meatloaf mixture can result in a tough, dense muffin. Mix just until the ingredients are combined.

Grease the Tin: Lightly greasing the muffin tin is a simple but important step. It will ensure the muffins come out cleanly and easily.

Don't Overfill: Fill each muffin cup with a portion that allows for a slight dome on top, but not so much that it overflows when it bakes.

Let it Cool: Letting the meatloaf muffins cool for a few minutes before removing them from the tin is crucial. It allows them to set and makes them much easier to handle.

Serving Suggestions and Pairings:

Nutritional Information:

Storage and Leftover Tips:

Final Thoughts:

DIRECTIONS

- 1.** Preheat : Oven and Prep Pan: Preheat your oven to 350°F (175°C). Lightly grease a standard-sized muffin tin.
- 2.** Combine : Meatloaf Mixture: In a large mixing bowl, combine the ground beef, breadcrumbs, grated onion, fresh parsley, milk, large egg, salt, black pepper, garlic powder, smoked paprika, and 1/2 cup of barbecue sauce. Use your hands to mix until all ingredients are just well combined. Be careful not to overmix, as this can make the meatloaf tough.
- 3.** Fill the : Muffin Tin: Divide the meatloaf mixture evenly among the muffin cups. Press the meat mixture down gently to form a slight dome on top. This will create a nice, round meatloaf muffin.
- 4.** Initial : Bake: Place the muffin tin in the preheated oven and bake for 25 minutes. The muffins will be cooked through but not yet topped.
- 5.** Top and : Finish: After 25 minutes, carefully remove the muffin tin from the oven. Dollop an additional spoonful of barbecue sauce on top of each muffin, and then sprinkle generously with the shredded cheddar cheese.
- 6.** Final : Bake: Return the muffin tin to the oven and bake for an additional 10 minutes, or until the cheese is melted and bubbly and the top is golden brown.
- 7.** Cool and : Serve: Remove the muffin tin from the oven and let the muffins cool for about 5 minutes before carefully removing them from the tin.
- 8.** Tips for Success: Don't Overmix: Overmixing the meatloaf mixture can result in a tough, dense muffin. Mix just until the ingredients are combined.

9. Grease the Tin: Lightly greasing the muffin tin is a simple but important step. It will ensure the muffins come out cleanly and easily.
10. Don't Overfill: Fill each muffin cup with a portion that allows for a slight dome on top, but not so much that it overflows when it bakes.
11. Let it Cool: Letting the meatloaf muffins cool for a few minutes before removing them from the tin is crucial. It allows them to set and makes them much easier to handle.
12. Serving Suggestions and Pairings: These meatloaf muffins are a complete meal on their own, but they pair beautifully with a few simple sides. Creamy mashed potatoes, a side salad, or some roasted vegetables would be perfect for a hearty and satisfying dinner.
13. For a drink pairing, a light beer, a crisp apple cider, or a simple iced tea would be a great complement to the savory and sweet flavors.
14. Nutritional Information: (Please note that this is an estimate and will vary based on specific brands and portion sizes)
15. This is a hearty, satisfying meal that is a great source of protein. The calories and fats come from the ground beef, cheese, and barbecue sauce. While it is an indulgent meal, it's a wonderfully delicious one that is perfect for a special family dinner.
16. Storage and Leftover Tips: Leftovers of these meatloaf muffins are fantastic! Store any remaining portions in an airtight container in the refrigerator for up to 3 days. To reheat, you can place a muffin in a microwave-safe dish and warm it up, or for a better texture, place it in a toaster oven or air fryer to bring back some of that crispy cheese and warm the meatloaf through.
17. Final Thoughts: This Sticky BBQ Meatloaf Muffins recipe is a timeless classic for a reason. It's a comforting, delicious, and easy meal that is perfect for any occasion. The combination of a juicy meatloaf, sticky BBQ sauce, and a cheesy topping is simply irresistible. I hope you enjoy this effortless and delicious meal as much as I do!

SWAPS & NOTES

Ground Meat : While ground beef is a classic choice, you can also use a combination of ground beef and pork, or a leaner ground meat like turkey.

Just be aware that leaner meats may require a bit of extra moisture to stay juicy.

Cheese : Shredded cheddar cheese is a perfect choice, as its sharp flavor and melting ability are a great match for the savory meatloaf.

You could also use a Mexican blend, Monterey Jack, or even some shredded provolone for a different flavor profile.

TIPS FOR SUCCESS

Don't Overmix : Overmixing the meatloaf mixture can result in a tough, dense muffin.

Mix just until the ingredients are combined.

Grease the Tin : Lightly greasing the muffin tin is a simple but important step.

It will ensure the muffins come out cleanly and easily.

