

Cheesy Stuffed Meatloaf Bites: The Ultimate Comfort Food Appetizer

Cheesy Stuffed Meatloaf Bites



OVEN
375°F

TIME
25-30 min

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INGREDIENTS

- 1 pound ground beef
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 large egg
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- 1/2 cup ketchup
- 1 tablespoon mustard
- 1/2 cup grated cheddar cheese
- 1/4 cup fresh parsley, chopped (additional for garnish)

DIRECTIONS

- 1.** Preheat & : Prep: Preheat your oven to 375°F (190°C). Prepare a baking sheet by lining it with parchment paper.
- 2.** Mix the : Meatloaf Ingredients: In a large bowl, combine the ground beef, breadcrumbs, milk, egg, onion, garlic, salt, pepper, and Worcestershire sauce. Mix until just combined. Be careful not to overmix, as this can make the meat tough.
- 3.** Form the : Bites: Take a small portion of the meat mixture (about 2 tablespoons) and flatten it in your hand. Place a small amount of cheddar cheese in the center, and then mold the meat around the cheese to form a ball. Place on the prepared baking sheet. Repeat with the remaining meat and cheese. This recipe makes about 12-14 bites.
- 4.** Prepare the : Glaze: In a small bowl, mix together the ketchup and mustard. Brush this mixture over the top of each meatloaf bite.
- 5.** Bake: Place the baking sheet in the oven and bake for 25-30 minutes, or until the meatloaf bites are cooked through and the tops are caramelized.
- 6.** Serve: Garnish with additional chopped parsley before serving.

SWAPS & NOTES

Ground Beef: I like to use an 80/20 ground beef for a good balance of flavor and moisture.

You can also use ground turkey or a mix of ground beef and pork for a different flavor.

Breadcrumbs: Panko breadcrumbs will give you a slightly lighter texture, but any plain breadcrumbs will work just fine.

For a gluten-free option, you can use gluten-free breadcrumbs or even crushed gluten-free crackers.

TIPS FOR SUCCESS

Don't Overmix: Overmixing the ground beef can make the meatloaf bites tough and dense.

Just mix until the ingredients are combined.

Size Consistency: Try to make the bites all a similar size so they cook evenly.

A small ice cream scoop can be helpful for portioning the meat mixture.

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

Original recipe: <https://chefmaniac.com/cheesy-stuffed-meatloaf-bites-the-ultimate-comfort-food-appetizer-2/>