

Better Than Mom's: High-Protein Bacon Stuffed Meatloaf with Mozzarella

Bacon-Wrapped Mozzarella Stuffed Meatloaf



OVEN
375°F

TIME
60 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

The Meatloaf Base:

Ground Beef: 1½ lb (80/20 blend works best for moisture).

Breadcrumbs: 1 cup (plain or seasoned).

Eggs: 2 large eggs to bind everything together.

Milk: ¼ cup to keep the breadcrumbs hydrated and the meat tender.

Aromatics: 1 small onion (finely diced) and 2 cloves of garlic (minced).

Seasonings: 1 tsp paprika, ½ tsp garlic powder, ½ tsp onion powder, salt, and black pepper.

The Filling & Wrap:

Cheese: 1½ cups mozzarella-style cheese (sliced or shredded).

Bacon: 8-10 strips of standard-cut bacon.

Glaze: ¼ cup ketchup and 2 tbsp brown sugar (optional for a sweet kick).

Garnish:

Parsley: Freshly chopped for a pop of color.

DIRECTIONS

1. Preheat the : Oven: Start by heating your oven to 375°F (190°C). Line a large baking sheet with parchment paper for easy cleanup, or lightly grease a standard loaf pan.
2. Mix the : Meat: In a large mixing bowl, combine the ground beef, breadcrumbs, eggs, milk, diced onion, garlic, and all spices. Use your hands or a fork to mix until just combined.
3. Shape and : Stuff: On a piece of parchment paper, press about half of the meat mixture into a flat rectangle. Place your mozzarella down the center, leaving a border around the edges. Top with the remaining meat and pinch the edges firmly to seal the cheese inside.
4. Wrap with : Bacon: On a clean surface, lay your bacon strips out, slightly overlapping. Place the meatloaf on top and wrap the bacon around it, tucking the ends underneath the loaf so they stay secure during baking.
5. Glaze: Whisk together the ketchup and brown sugar. Brush about two-thirds of the mixture generously over the bacon.
6. Bake: Place the loaf in the oven and bake uncovered for 50-60 minutes. The internal temperature should reach 160°F. If you want the bacon extra crispy, turn on the broiler for the last 2-3 minutes.
7. Rest and : Serve: This is the most important step! Let the meatloaf rest for 10 minutes before slicing. This prevents the cheese from leaking out instantly and keeps the juices in the meat. Garnish with parsley and enjoy.

SWAPS & NOTES

The Meat: You can use a "meatloaf mix" (beef, pork, and veal) for a deeper flavor profile.

The Cheese: While mozzarella provides that classic "cheese pull," feel free to swap in sharp cheddar or pepper jack for a spicy twist.

Glaze Variations: If you aren't a fan of ketchup glazes, try a thick BBQ sauce for a smokier finish.

Low Carb: Swap the breadcrumbs for crushed pork rinds and the milk for heavy cream.

TIPS FOR SUCCESS

Don't Overmix: Mixing the meat too aggressively will lead to a dense, tough loaf.

Seal the Edges: Spend an extra minute ensuring the meat "seam" is fully closed around the cheese.

The Bacon: If your bacon is very thick, you might need to par-cook it for 2 minutes in the microwave before wrapping to ensure it gets crispy in the oven.

Easy Cleanup: Baking the loaf on a wire rack set inside a sheet pan allows the bacon fat to drip away, making the bottom of the loaf less greasy.

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

Original recipe: <https://chefmaniac.com/better-than-moms-high-protein-bacon-stuffed-meatloaf-with-mozzarella/>