

Cheesy Tater Tot Meatloaf Casserole Is the Comfort Food Dinner Everyone Loves

1 tablespoon Worcestershire sauce



OVEN
375°F

TIME
40 to 45 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

- 1 1/2 pounds ground beef
- 1 small onion, finely diced
- 2 cloves garlic, minced
- 1 cup breadcrumbs
- 2 large eggs
- 1/2 cup milk
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 2 cups shredded cheddar cheese
- 1 bag frozen tater tots, about 28 to 32 ounces
- Chopped parsley, optional for garnish

DIRECTIONS

1. Preheat your oven to 375°F and lightly grease a 9x13-inch baking dish.
2. In a large bowl, combine the ground beef, onion, garlic, breadcrumbs, eggs, milk, ketchup, Worcestershire sauce, salt, pepper, and Italian seasoning.
3. Mix until just combined, being careful not to overwork the meat.
4. Press the meat mixture evenly into the bottom of the prepared baking dish.
5. Sprinkle 1 1/2 cups of the shredded cheddar cheese over the top.
6. Arrange the frozen tater tots in an even layer across the casserole.
7. Bake for 40 to 45 minutes, or until the meat is cooked through and the tater tots are crisp and golden.
8. Sprinkle the remaining 1/2 cup of cheese over the top and return to the oven for 5 more minutes, until melted.
9. Let the casserole rest for a few minutes before serving, then garnish with parsley if desired.

SWAPS & NOTES

This recipe is easy to customize without losing its comfort-food charm.

Ground turkey or ground chicken can replace the beef for a lighter version.

Try Monterey Jack, Colby Jack, or a cheddar blend if that's what you have.

Add a layer of cooked mixed vegetables or corn between the meat and cheese for extra texture.

TIPS FOR SUCCESS

The best way to keep this casserole tender is to avoid overmixing the meat mixture.

Stir just until everything comes together.

Overworked ground beef can turn dense and tough.

Another important tip is to spread the meat layer evenly so it cooks at the same rate throughout the dish.

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

Original recipe: <https://chefmaniac.com/cheesy-tater-tot-meatloaf-casserole-is-the-comfort-food-dinner-everyone-loves/>