

Mac and Cheese-Stuffed Meatloaf: A Comfort Food Classic Reinvented

This recipe serves 6 and takes about 30 minutes to prepare, with a cook time of 1 hour.



OVEN
350°F

TIME
30 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

- 1 pound ground beef
- 1 cup cooked macaroni
- 1 cup shredded cheddar cheese
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1/4 cup ketchup
- 1 egg
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 tablespoon Worcestershire sauce

DIRECTIONS

- 1.** Preheat the : Oven: Preheat your oven to 350°F (175°C). This ensures that your meatloaf cooks evenly.
- 2.** Prepare the : Mac and Cheese: Cook the macaroni according to package instructions. Drain and mix with shredded cheddar cheese until melted and creamy. Set aside.
- 3.** Mix the : Meatloaf Ingredients: In a large bowl, combine ground beef, breadcrumbs, milk, ketchup, egg, garlic powder, onion powder, Worcestershire sauce, salt, and pepper. Mix until just combined; avoid overmixing to keep the meatloaf tender.
- 4.** Assemble the : Meatloaf: On a baking sheet lined with parchment paper, shape half of the meat mixture into a loaf. Create a well in the center and fill it with the mac and cheese. Top with the remaining meat mixture, sealing the edges to encase the mac and cheese.
- 5.** Bake: Bake in the preheated oven for about 1 hour, or until the internal temperature reaches 160°F (70°C). Let it rest for 10 minutes before slicing.

TIPS FOR SUCCESS

Cheese Variations: Experiment with different cheeses like mozzarella or pepper jack for a unique flavor profile.

Add Veggies: Incorporate finely chopped vegetables like bell peppers or spinach into the meat mixture for added nutrition.

Make Ahead: Prepare the meatloaf in advance and refrigerate it.

Bake it just before serving for a quick weeknight dinner.

