



## Cheesy Stuffed Meatloaf Bites

### Description

Cheesy stuffed meatloaf bites are a delightful twist on the classic comfort food, perfect for parties, family dinners, or even a hearty snack. This dish takes the familiar, comforting flavors of meatloaf and elevates them with a gooey cheese filling. The origins of meatloaf can be traced back to Ancient Rome, evolving through different cultures and finally becoming an American staple during the Great Depression. These bite-sized versions are not only fun to eat but also easy to serve, making them an excellent choice for gatherings or weeknight meals.

Cheesy stuffed meatloaf bites pair wonderfully with a variety of sides. Consider serving them alongside creamy mashed potatoes and steamed green beans for a classic combination. Alternatively, they can be enjoyed with a fresh salad and some roasted vegetables for a lighter meal. Don't forget to include a tangy dipping sauce, like a homemade marinara or a zesty barbecue sauce, to complement the rich, cheesy interior.

### Ingredients

- 1 lb ground beef
- 1/2 lb ground pork
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely chopped onion
- 1/4 cup milk
- 1 egg
- 2 cloves garlic, minced
- 1 tsp Worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cup shredded mozzarella cheese
- 1/2 cup ketchup
- 2 tbsp brown sugar

### Directions

1. Preheat your oven to 375°F (190°C) and lightly grease a muffin tin.

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2. In a large bowl, combine ground beef, ground pork, breadcrumbs, Parmesan cheese, onion, milk, egg, garlic, Worcestershire sauce, salt, and pepper. Mix until well combined but do not overwork the meat.
3. Take a small portion of the meat mixture and flatten it in the palm of your hand. Place a small amount of shredded mozzarella cheese in the center and wrap the meat around the cheese, forming a ball. Place each meatball in a muffin tin compartment.
4. In a small bowl, mix ketchup and brown sugar until well combined.
5. Brush the tops of each meatloaf bite with the ketchup and brown sugar mixture.
6. Bake in the preheated oven for 20-25 minutes, or until the meat is fully cooked and the cheese is melted.
7. Allow the meatloaf bites to cool slightly before removing from the muffin tin. Serve warm.

#### **Variations & Tips**

For a lighter version, try substituting ground turkey or chicken for the beef and pork. You can also experiment with different cheeses, such as cheddar or pepper jack, to change up the flavor profile. For an extra kick, add some finely chopped jalapeños or red pepper flakes to the meat mixture. If you're looking to incorporate more vegetables, consider adding finely chopped bell peppers or shredded zucchini. For a gluten-free option, use gluten-free breadcrumbs.

#### **Category**

1. Oven Recipes

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