

Jalapeno Cheddar Meatloaf



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Take your dinner to a new level with this spicy meatloaf recipe! Jalapeno and cheese lovers alike will love this Jalapeno Cheddar Meatloaf; a twist on a classic comfort dish that combines ground beef, cheddar cheese, and jalapenos, all glazed with a sweet and tangy sauce for a flavor explosion in every bite.

 Course	Main Dish
 Cuisine	American
 Keyword	Jalapeno Cheddar Meatloaf, Spicy Meatloaf
 Prep Time	20 minutes
 Cook Time	1 hour 20 minutes
 Total Time	1 hour 40 minutes
 Servings	8 servings
 Calories	205kcal
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Ingredients

For the Meatloaf Mixture

- 1½ pounds [lean ground beef](#)
- 2 large [eggs](#) ,beaten
- ¼ cup [finely chopped onion](#)
- 2 slices hearty bread , torn into small pieces
- 2 ounces [sharp cheddar cheese](#) , grated
- 1 medium [jalapeno](#) diced (about 2 tbsp)
- ½ tablespoon [worcestershire sauce](#) (optional)
- ½ teaspoon [dried oregano](#)
- ½ teaspoon [dried basil](#)
- 1 teaspoon [salt](#)
- ½ teaspoon [garlic powder](#)

For the topping

- ¼ cup [ketchup](#)
- 2 tablespoon [light brown sugar](#)
- ½ teaspoon [yellow mustard](#)
- 1 teaspoon [chopped fresh cilantro](#) (optional)

Instructions

1. Preheat oven to 350 degrees. Spray a loaf pan with cooking spray and set aside
2. Add the ground beef, eggs, onion, cheddar, jalapeno, oregano, basil, garlic, Worcestershire sauce (if using), breadcrumbs, and salt to a large bowl. Mix lightly with hands until combined. Don't over mix.

3. Place meat mixture in prepared loaf pan, patting the meat down into the pan to pack it and spreading it out evenly. Set aside.
4. In a small bowl, combine ketchup, brown sugar, and mustard. Using a spoon, spread sauce mixture over top of meatloaf.
5. Bake in preheated oven for 1 hour 10 minutes, or until internal temperature reaches 160 degrees F.
6. Let baked meatloaf sit for 15 minutes. Drain fat from loaf and slice.
7. Serve with chopped fresh cilantro if desired.

Notes

Nutrition information calculated using myfitnesspal is provided as a courtesy, but will vary depending on the specific brands of ingredients you use. Please consult with your doctor regarding specific health needs.

Nutrition

Calories: 205kcal | Carbohydrates: 9g | Protein: 22g | Fat: 8g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.3g | Cholesterol: 106mg | Sodium: 517mg | Potassium: 370mg | Fiber: 1g | Sugar: 5g | Vitamin A: 200IU | Vitamin C: 3mg | Calcium: 82mg | Iron: 3mg | Net Carbohydrates: 9g

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October 1, 2023