



AIR FRYER MEATLOAF

Description

Air Fryer Meatloaf – Do you want to make juicy, flavorful meatloaf without the mess of frying it in oil? Try making your meatloaf with an air fryer!

Today, I am making my mother's Air Fryer Meatloaf with ground beef. This is one of the best meatloaves if you are looking for a tender, juicy piece of meat to serve to your family.

If you are looking for a quick and delicious meal, look no further than this dish, it's easy and comes out so moist and absolutely delicious. This is one of America's greatest comfort foods, and so kid-friendly.

I like to serve mine up with a giant old pile of Instant Pot Mashed Potatoes and some Air Fryer Sweet Corn. But no matter what you serve it up with, it's absolutely delish, and it's a great family meal.

Pro Tips:

1. Do not overmix, by continuing mixing you will create a hard meatloaf. Once everything is mixed, leave it.
2. As previously mentioned above, use lean ground beef. It will leave you with a better end product.
3. Add your favorite seasonings, your family loves oregano or garlic, throw it in.
4. Let the meat rest. When the meatloaf is done air frying, let it rest for about 4 minutes.

Can You Freeze Meatloaf?

YES! This is a great make-ahead meal. Simply make the meatloaf. And, then cover the pan and freeze.

When you are ready to have it for dinner, you can either air fry it from frozen or leave it to thaw in your refrigerator, it should take about 24 hours to defrost it, then just follow the air frying instructions in the recipe card.

About Time

- **Prep Time:** 10 mins
- **Cook Time:** 25 mins
- **Total Time:** 35 mins

Ingredients

- 2 tablespoons butter
- 1/2 cup onions
- 1/2 cup green peppers
- 1 pound ground beef, lean
- 1 pound ground pork
- 2 large eggs
- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 cup breadcrumb
- 1/3 cup ketchup

Instructions

1. Start by chopping the green peppers into diced pieces
2. Then chop the onions into bite-sized pieces.
3. Place the chopped onions, peppers, and butter into a saucepan, and saute until both the onions and peppers are tender.
4. Let the onions and peppers cool to room temperature.
5. Meanwhile, combine the pork and ground beef.
6. Then add the eggs to the meat mixture.
7. Mix in the Worcestershire sauce, soy sauce, and salt and pepper.
8. Then add the breadcrumbs in, start with a 1/2 of a cup, and then mix it all. You only want to pour enough breadcrumbs to make the mixture stick. If you add too much, it will be dry.
9. Mix in the green peppers and onions into the mixture.
10. Spray mini loaf pans with non-stick cooking spray
11. Add your meatloaf mixture to the mini loaf pans. And shape them into loaves.
Add the ketchup on top and spread.
12. Set the temperature to 380 degrees F, and the time for 25 to 35 minutes.
After the 25 minutes, check if it is done and check the internal temperature or 70 degrees C.
13. Remove the mini pans from the air fryer, rest for a few minutes before serving, plate, and enjoy!

Amount Per Serving

Calories 179 per 100g

Category

1. Air Fryer Recipes

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