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Cheddar-Stuffed Mini Meatloaves with Chipotle Glaze

- 1 Pound lean (90% or leaner) ground beef
- ½ Cup chopped onion
- 1/3 Cup fine, dry, whole-wheat breadcrumbs
- 1 Large egg
- 6 Tablespoons ketchup, preferably no-salt-added
- 2 Teaspoons chili powder
- 1 Teaspoon ground cumin
- ¼ Teaspoon salt
- ¼ Teaspoon freshly ground pepper
- ½ Cup shredded extra-sharp Cheddar cheese
- 1/8 Teaspoon ground chipotle pepper

1. Preheat oven to 400°F. Coat four 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. (Alternatively, make freeform meatloaves and bake directly on the baking sheet.)
2. Combine beef, onion, breadcrumbs, egg, 2 tablespoons ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into 4 even portions and place in the prepared baking dishes. Make a 1 1/2-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 2 tablespoons cheese and pinch the edges closed to seal.
3. Combine the remaining 4 tablespoons ketchup and chipotle in a bowl; spread over each loaf.
4. Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F, 20 to 30 minutes.

Makes 4 servings

