

# Meatloaf Bombs

## Ingredients

|           |                                      |
|-----------|--------------------------------------|
| 1 pound   | Ground Beef                          |
| 1 pound   | Ground Pork                          |
| 1 cup     | Bread Crumbs                         |
| 1 large   | Egg, beaten                          |
| 1 cup     | Milk                                 |
| 1 cup     | BBQ Sauce, divided                   |
| 2 whole   | Yellow Onions                        |
| 1 chopped | Yellow Onion                         |
| 1 pound   | Bacon                                |
| 1/2 pound | Cheese, in one-inch cubes (or curds) |
| To taste  | Salt, Pepper, Garlic Powder          |



## Bomb Building

1. Combine meat, bread crumbs, egg, chopped onion, spices, and 1/2 cup BBQ Sauce. The most effective way is to use your hands.
2. Remove top and bottom from onion, cut in half, remove skin, and peel off individual layers of onion "cups"
3. Mold meat mixture into balls with a cheese cube in the middle. Make the balls so they can be surrounded by two onion cups, so the onion encases the meat.
4. Wrap each ball with one or two slices of bacon (to taste). Secure with toothpicks.

## Bomb Baking

From here, choose cooking method:

- A. In oven, bake in shallow dish at 425°F for about 40 minutes
- B. In air fryer, bake in fry basket at 400°F for about 20-25 minutes
- C. Wrap in foil and place in fire coals

NOTE: INTERNAL TEMPERATURE of 165°F indicates that the beef is thoroughly cooked. Make sure you measure the meat and not the cheese!

**\*\*For the last 5 minutes of cooking** (maybe not in foil) cover the bombs with the rest of the BBQ sauce.

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*My onion was previously cut the wrong direction so I made cups instead of bombs. Still delicious!*



*Cheese curds make a great gooey center!*



*Yikes! I was low on both onion and bacon!*