

Creamy Cheese Meatballs with Mashed Potatoes

Prep Time: 15 minutes **Cook Time:** 30 minutes **Total Time:** 45 minutes

Servings: 4 **Course:** Main Dish **Cuisine:** American

Juicy pan-seared meatballs simmered in a rich cheddar cheese sauce and served over creamy mashed potatoes. This comforting, from-scratch recipe is designed for everyday home cooking with clear steps and real ingredients.

Ingredients

- 1 lb ground beef (80/20)
- 1 large egg
- ½ cup grated Parmesan cheese
- ½ cup breadcrumbs
- ½ small onion, finely minced
- 2 cloves garlic, minced
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp fresh parsley, chopped
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1½ cups whole milk
- 1 cup sharp cheddar cheese, cubed or shredded
- 2 lbs russet potatoes
- 4 tbsp butter (for potatoes)
- ½ cup warm milk (for potatoes)
- Salt and pepper to taste

Instructions

- 1 In a large bowl, combine ground beef, egg, Parmesan, breadcrumbs, onion, garlic, salt, pepper, and parsley. Mix gently until just combined.
- 2 Shape the mixture into evenly sized meatballs.
- 3 Heat a skillet over medium heat with oil and brown the meatballs on all sides until cooked through. Remove and set aside.
- 4 In the same skillet, melt butter. Whisk in flour and cook for 1 minute.
- 5 Slowly add milk while whisking until the sauce thickens.
- 6 Stir in cheddar cheese until smooth and creamy.
- 7 Return meatballs to the pan and coat with the sauce.
- 8 Boil potatoes until fork-tender, then mash with butter, milk, salt, and pepper.
- 9 Serve meatballs over mashed potatoes with extra sauce.

Nutrition Information (Estimated per serving)

- Calories: 610 kcal
- Protein: 32 g
- Fat: 42 g
- Carbohydrates: 28 g
- Fiber: 2 g
- Sodium: 780 mg

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