KitchenBooQ

Frugal -Classic Homemade Meatloaf

Serving: 10 | Cook Time: 65 mins | Level: Easy



INGREDIENTS

- Meatloaf:
- 1 large egg
- 1/3 cup milk
- 1 tsp Worcestershire sauce
- 1/2 cup plain breadcrumbs
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 1 tsp salt
- 1/4 tsp freshly cracked black pepper
- 1/2 cup minced onion
- 1.5 lbs. ground beef (85/15)
- Glaze:
- 1/2 cup ketchup
- 1 Tbsp brown sugar
- 1 Tbsp Worcestershire sauce
- 1 tsp yellow mustard

PREPARATION

1. Preheat the oven to 350°F. In a small bowl whisk together the egg, milk, and Worcestershire sauce. In a separate small bowl, stir together the breadcrumbs, Italian seasoning, garlic powder, salt, and pepper. Mince the onion.

2. Add the ground beef, egg mixture, breadcrumb mixture, and minced onion to a large bowl. Use your hands to mix the ingredients together until evenly combined. Avoid over mixing.

3. Place the meatloaf mixture on a rimmed baking dish and shape it into a loaf that is approximately 4-inches wide, 8-inches long, and 2-inches tall.

4. In a separate small bowl, stir together the glaze ingredients (ketchup, brown sugar, Worcestershire sauce, and mustard). Spread the glaze evenly over the top and sides of the meatloaf.

PREPARATION (CONT.)

5. Bake the meatloaf for 50-55 minutes, or until the internal temperature reaches 165°F. Allow the meatloaf to rest for 5-10 minutes after baking, then slice and serve.