

The Best Classic Meatloaf Recipe

Prep Time 10 mins	Cook Time 55 mins	Total Time 1 hr 5 mins
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Servings: 10 slices

Calories: 164

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Ingredients

1 lb. 90% lean ground beef
1 cup dried bread crumbs
1/2 cup diced yellow onion
1/2 cup milk
1 large egg
2 tbsp. ketchup
1 tbsp. Worcestershire sauce
1 tsp. dried parsley leaves
3/4 tsp. salt
1/2 tsp. garlic powder
1/4 tsp. ground black pepper
For the Topping:
1/4 cup ketchup
2 tbsp. packed light brown sugar
1 tbsp. red wine vinegar

Instructions

1. Preheat oven to 350° Fahrenheit.
2. In a large bowl, add the beef, breadcrumbs, onion, milk, egg, 2 tablespoons ketchup, Worcestershire sauce, parsley, salt, garlic powder, and pepper. Use your hands to mash and mix these ingredients together until well combined.*
3. Add the meat mixture to a loaf pan. Pat the meat down into an even layer.
4. In a small bowl, add 1/4 cup ketchup, the brown sugar, and vinegar. Stir to combine. Pour the sauce on top of the meatloaf and spread it into an evenlayer.
5. Bake uncovered for 55 minutes.
6. Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart).**

Notes

*Be sure to mix the meat really well. This is a very moist meatloaf recipe sounder mixing can cause the meatloaf to be too soft/mushy.

**I use two thin spatulas to remove the meatloaf from the pan and transfer it to a cutting board. You could also slice and serve the meatloaf directly from the loaf pan, or use parchment paper to line the pan for easy removal.

Nutrition

Serving: 1/10th of the meatloaf | Calories: 164kcal | Carbohydrates: 14.8g | Protein:11.7g | Fat: 5.7g | Saturated Fat: 2.2g | Cholesterol: 49.9mg | Sodium: 399.3mg |Fiber: 0.6g | Sugar: 6.7g