



## EASY WEEKNIGHT MEATLOAF

PREP TIME: 10 MINUTES

COOK TIME: 55 MINUTES

### 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 beaten
- 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

### DIRECTIONS

- 1) Preheat oven to 350° Fahrenheit.
- 2) In a large bowl, add the beef, bread crumbs, onion, milk, egg, 2 tablespoons ketchup, worcestershire sauce, parsley, salt, garlic powder, and pepper. Use your hands to mush 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 even layer.
- 5) Bake uncovered for 55 minutes.
- 6) Let the meatloaf rest for 8-10 minutes before serving (or it may fall apart).\*\*