

## Classic Beef Meatloaf

What's better than a hearty meatloaf? This is a recipe that's easy and foolproof. No bells and whistles - just a few ingredients including beef, egg, bread crumbs and a simple tomato-based topping.



## INGREDIENTS

1-1/2 pounds Ground Beef (93% lean or leaner)

3/4 cup panko bread crumbs

3/4 cup ketchup, divided

1/2 cup minced onion

1 egg

1 tablespoon Worcestershire sauce

2 teaspoons minced garlic

1 teaspoon dried thyme

3/4 teaspoon pepper

1/2 teaspoon salt



1.25

Hours



6

Servings



42 Cal



28g

Protein

## COOKING

1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, 1/2 cup ketchup, onion, egg, Worcestershire, garlic, thyme, pepper and salt in large bowl, mixing lightly but thoroughly. Shape beef into 8 x 4-inch loaf on rack in aluminum foil-lined broiler pan.

2. Place on upper oven rack in 350°F oven. Bake 40 to 50 minutes; brush with remaining 1/4 cup ketchup. Bake 5 minutes more or until instant-read thermometer inserted into center registers 160°F. Let stand 10 minutes. Cut into slices.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
6		8.9g	115mg		19g	28g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com