

Meatloaf

by Chef Jenn Monaco of Brock & Company

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
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- For the Topping
 - 1/4 cup ketchup
 - 2 TBSP packed light brown sugar
 - 1 TBSP red wine vinegar



RECIPE PREPARATION

- Preheat oven to 350° Fahrenheit.
- 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.
- Add the meat mixture to a loaf pan spray prior with nonstick cooking spray. Pat the meat down into an even layer.
- 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.
- Bake uncovered for 55 minutes.
- Let the meatloaf rest for 8-10 minutes before serving.



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