

## Servings

6 servings

## Ingredients

### Meatloaf

- ✓ 1 lb (450 g) ground beef (80/20 for best flavor)
- ✓ 1 cup breadcrumbs or crushed crackers
- ✓ ½ cup milk
- ✓ 1 small onion, finely chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 egg
- ✓ 3 tbsp ketchup
- ✓ 1 tbsp Worcestershire sauce
- ✓ 1 tsp salt
- ✓ ½ tsp black pepper
- ✓ 1 tsp dried oregano or Italian seasoning
- ✓ 2 tbsp parsley (optional)

### Simple Glaze (Highly Recommended)

- ✓ ⅓ cup ketchup
- ✓ 1 tbsp brown sugar
- ✓ 1 tsp mustard (optional)



## Instructions

### **1** Preheat

Preheat oven to **375°F (190°C)**.

Line a baking sheet with parchment or lightly grease a loaf pan.

A baking sheet allows better browning around the meatloaf.

## 2 Make the moisture base

In a bowl, combine:

- breadcrumbs
- milk

Let the mixture sit **2–3 minutes** until the crumbs absorb the milk.

This simple step creates a **panade**, which keeps the meatloaf moist instead of dense.

## 3 Mix the meatloaf

Add to the bowl:

- ground beef
- chopped onion
- garlic
- egg
- ketchup
- Worcestershire sauce
- salt
- pepper
- herbs

Mix gently with your hands just until everything is combined.

Avoid overmixing. Overworking the meat creates a **tough, dense loaf**.

## 4 Shape

Form the mixture into a loaf shape.

Place it:

- on a baking sheet for better browning, or
- in a loaf pan for a more traditional shape.

## 5 Add the glaze

In a small bowl mix:

- ketchup
- brown sugar
- mustard

Spread the glaze evenly over the top of the meatloaf.

This creates a **sweet, tangy, caramelized topping**.

## **6 Bake**

Bake for **50–60 minutes** until the internal temperature reaches **160°F (71°C)**.

## **7 Rest before slicing**

Allow the meatloaf to rest **10 minutes** before slicing.

This step lets the juices redistribute and keeps the meatloaf tender.