



Grandma's Meatloaf

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 2 hours

This meatloaf is pure nostalgia. A flavorful tomato sauce makes the meat extra tender, and a little brown sugar gives it a delicious mild sweetness.

Pam cooking spray, for greasing

SAUTE ONIONS:

1 tablespoon butter, unsalted

1 medium onion, minced

SAUCE:

1 cup tomato sauce (plain)

1 1/2 tablespoons white vinegar

1 1/2 tablespoons brown sugar

1 tablespoon Dijon mustard

1 1/2 teaspoons Worcestershire sauce

BREAD:

3 slices white bread, crusts removed and torn

1/2 cup milk

MEATLOAF:

1 1/2 pounds ground beef, 70% lean meat (see TIPS)

1/2 cup bread crumbs (fine)

2 large eggs, lightly beaten

2 teaspoons kosher salt

1/2 teaspoon pepper

ETL: Sometimes simple is best! This meatloaf recipe takes a classic approach with a few small modifications, like the addition of brown sugar, that will make it a regular in your meal rotation. The sauce topping is flavorful enough that you won't need ketchup, but the meatloaf itself is so delicious that it can stand on its own without any accompaniment.

TIP: GROUND BEEF: A higher fat content in ground beef can result in a meatloaf that holds together better during cooking and is less likely to become dry.

Serving Ideas: Can't go wrong with mashed potatoes.

Preheat the oven to 350° F.

Line 9 by 13-inch baking pan with foil, lightly grease.

In a medium skillet, melt the butter. Add the onion and cook over moderate heat, stirring occasionally, until softened, 8 minutes.

In a small bowl, whisk the tomato sauce with the vinegar, brown sugar, mustard and Worcestershire.

In another small bowl, dip the bread in the milk, then gently squeeze out the liquid. Transfer the bread to a large bowl and discard the milk.

Add the cooked onion, ground beef, bread crumbs, eggs, salt, pepper and 1/4 cup of the tomato sauce to the large bowl. Mix until just combined, transfer to the pan.

Firmly pat the meat mixture into a 9 by 5-inch loaf, spread the remaining sauce over the top.

Bake for 1 hour and 10 minutes, until an instant-read thermometer inserted in the center registers 160° F.

Let rest for 10 minutes, and then serve.

Per Serving (excluding unknown items): 528 Calories; 39g Fat (67.5% calories from fat); 22g Protein; 20g Carbohydrate; 2g Dietary Fiber; 158mg Cholesterol; 1058mg Sodium; 7g Total Sugars; trace Vitamin D; 111mg Calcium; 4mg Iron; 500mg Potassium; 248mg Phosphorus. Exchanges: .