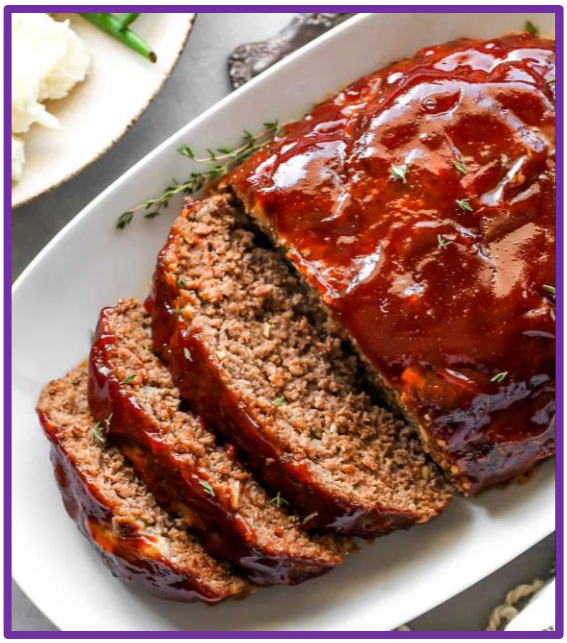
Meatloaf

Yields:	Prep Time:	Cook Time:	Total Time:
12 servings	10 minutes	50 minutes	1 hour

Ingredients:



- 2 lbs ground beef
- ¼ c bread crumbs (1 slice of bread made into bread crumbs)
- ½ c onion finely diced
- ¼ c whole milk
- 2 eggs
- 2 tbsp Worcestershire sauce
- 1 tbsp minced garlic
- 1 tsp fine sea salt
- ¼ tsp ground black pepper

Topping:

- ½ c ketchup
- ¼ c light brown sugar
- 2 tbsp Worcestershire sauce

Instructions:

1. Preheat oven to 375 F.
2. Make the topping: combine ketchup, brown sugar, and Worcestershire sauce in a small bowl, set aside.
3. In a large bowl whisk together milk, BBQ sauce, eggs, Worcestershire sauce, garlic, salt, and pepper.
4. Add meat, onions, and bread crumbs, and stir until combined.
5. Line a wire rack with aluminum foil and poke holes in it, then place it on a large baking sheet.
6. Form the mixture into a large loaf (about 10” x 5” x 2”).
7. Bake for 40 minutes.
8. Remove from oven, spread sauce on top and bake for 10 more minutes or until meatloaf reaches an internal temperature of 160 F.
9. If necessary, broil for 2-4 minutes to caramelize the top.
10. Remove from oven and let cool for at least 5 minutes before serving.

Recipe courtesy of https://joyfoodsunshine.com/meatloaf-recipe/#wprm-recipe-container-27294