

# Classic American Meatloaf - Recipe & Guide

## Recipe Overview

Prep Time: 10 minutes

Cook Time: 55 minutes

Rest Time: 10 minutes

Total Time: 1 hour 15 minutes

Servings: 8-10

## Ingredients (US / Metric)

- \* Ground beef (80/20) - 1 lb / 500 g
- \* Bread crumbs - 1 cup / 120 g
- \* Onion, diced - 1/2 cup / 75 g
- \* Milk - 1/2 cup / 120 ml
- \* Egg, beaten - 1 large
- \* Ketchup - 2 tbsp (in loaf) / 30 ml
- \* Dried parsley leaves - 1 tsp / 1 g
- \* Salt - 3/4 tsp / 4 g
- \* Garlic powder - 1/2 tsp / 2 g
- \* Ground black pepper - 1/4 tsp / 1 g

Topping:

- \* Ketchup - 1/4 cup / 60 ml
- \* Light brown sugar, packed - 2 tbsp / 25 g
- \* Red wine vinegar - 1 tbsp / 15 ml

## Required Equipment

- \* Large mixing bowl
- \* Small mixing bowl
- \* Loaf pan or rimmed baking sheet
- \* Measuring cups and spoons
- \* Spoon or clean hands for mixing
- \* Oven preheated to 350F (175C)
- \* Sharp knife for slicing

## Step-by-Step Instructions

1. Preheat the oven to 350F (175C).
2. In a large mixing bowl, combine beef, bread crumbs, onion, milk, egg, ketchup, parsley, salt, garlic powder, and pepper. Mix gently with hands until just combined.
3. Transfer to a loaf pan or shape into a loaf on a baking sheet.
4. In a small bowl, mix the ketchup, brown sugar, and vinegar for the glaze. Spread evenly on top.

# Classic American Meatloaf - Recipe & Guide

5. Bake uncovered for about 55 minutes, until internal temperature reaches 160F (71C).
6. Rest for 10 minutes before slicing.

## Nutritional Information (per serving, based on 10 servings)

Calories: 215

Protein: 14 g

Fat: 11 g

Saturated Fat: 4.5 g

Carbohydrates: 14 g

Fiber: 1 g

Sugars: 6 g

Sodium: 360 mg

Cholesterol: 70 mg

## Variations & Tips

- Swap beef for pork, turkey, chicken, or lamb.
- Use gluten-free bread crumbs or almond flour for gluten-free.
- For dairy-free, replace milk with almond milk or broth.
- For low-carb, replace bread crumbs with crushed pork rinds.
- Avoid overmixing to prevent dense texture.
- Let meatloaf rest before slicing.
- Test seasoning by frying a small piece before baking.