

Classic Meatloaf

By Audrey Plant

Ingredients

Meatloaf

2 pounds ground beef (85% lean, 15% fat)
2 eggs
2 cups breadcrumbs (see note)
1 cup whole milk
2 teaspoons black pepper
4 teaspoons kosher salt
¼ crushed red pepper flakes
1 tablespoon garlic powder
1 tablespoon fresh flat-leaf parsley, minced
¼ cup parmesan cheese, grated

Spicy Brown Sugar Ketchup Sauce

1 cup ketchup(no sugar added is preferred)
¼ cup dark brown sugar
¼ teaspoon red pepper flakes
1 teaspoon freshly grated black pepper

Instructions

1. Preheat oven to 375 F.
2. Using a large mixing bowl, add together: beef, eggs, bread crumbs, milk, pepper, salt, red pepper flakes, garlic powder, parsley, and cheese.
3. Using your hands, mix the meat mixture until well combined.
4. Grease a large casserole dish with non-stick cooking spray(preferably olive oil).
5. Pour meat mixture into the casserole dish and gently form a rectangle, about 5 to 6 inches wide and 10 inches long. Using the palms of your hands, form both ends of the meatloaf to also resemble a rectangle.
6. Place meatloaf into oven and bake for 40-45 minutes or until cooked through.
7. In a small mixing bowl, add ketchup, dark brown sugar, red pepper flakes, and black pepper. Whisk together until smooth and there are no lumps.
8. Remove meatloaf from the oven. Using a spoon, add half of the ketchup sauce. Depending on preference, add the remaining or save for serving.
9. Turn oven to broil. Place the meatloaf back into the oven. Broil for 2-3 minutes or until bubbly and slightly caramelized. Remove from the oven. Using a knife, slice 1 ½ inch pieces, serve immediately.

Notes:

1. I prefer to use fresh bread crumbs that I make at home. I use a loaf of sourdough or country brand and roughly chop it up in a food processor or blender. Pulse bread pieces until fine. Freeze any remaining breadcrumbs in a plastic bag.
2. The meat mixture may look too wet, that's ok.
3. The sauce is something that I think sets this recipe apart. Feel free to split the recipe in half or make the full recipe and save the extra for serving. But I prefer a thick layer on top. The sauce gets caramelized and a little sticky which is just so delicious. Modify the heat by omitting red pepper flakes.
4. As with broiling anything, be sure to watch carefully!