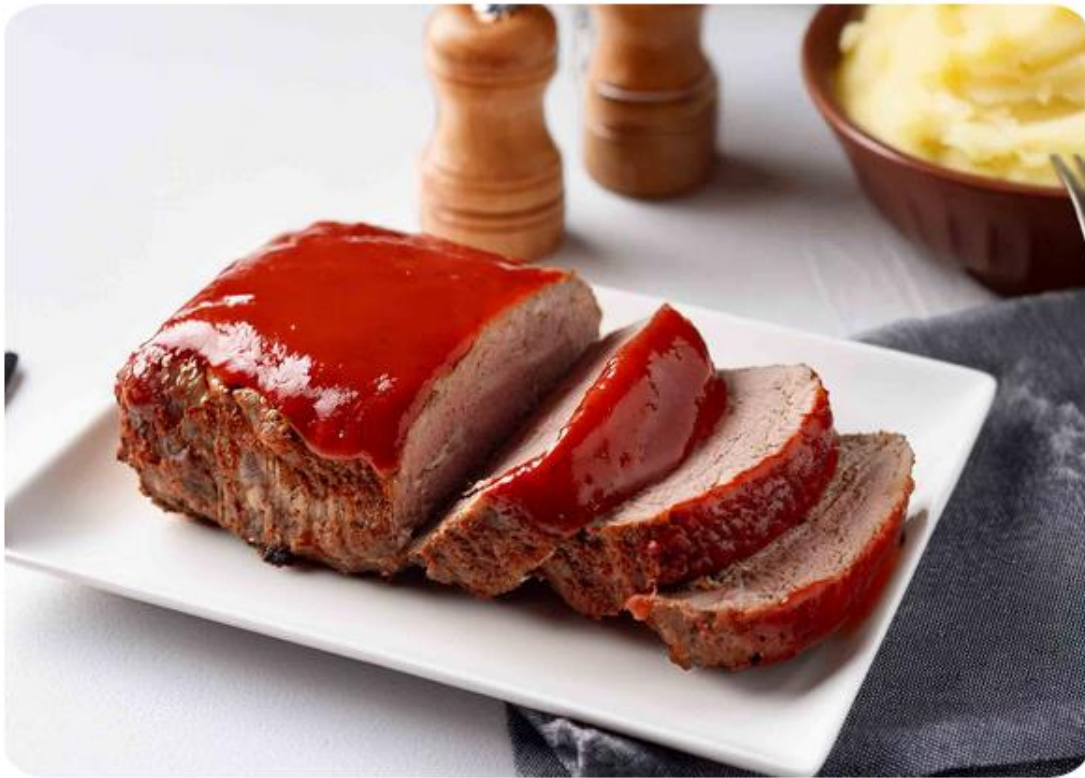




Meatloaf

Ingredients

1. 2 lbs ground beef (or impossible meat or beef mixed with ground pork)
2. 1 cup breadcrumbs
3. 2 large eggs
4. 1 small onion, chopped
5. 1/2 cup milk
6. 1/3 cup ketchup (plus extra for topping)
7. 2 tbsp worcestershire sauce
8. 1 tsp garlic powder
9. 1 tsp black pepper
10. 1/4 cup grated Parmesan cheese (optional)

Serves: 3-4

Instructions

1. Heat oven to 375 F
2. Combine ground meat, breadcrumbs, eggs, onion, milk, ketchup, Worcestershire sauce, Garlic powder, pepper, mix gently with spoon until combined.
3. Grease loaf pan or add parchment paper to baking sheet if no pan is available
4. Shape mixture into loaf and place in loaf pan, or on baking sheet
5. Spread thin layer of ketchup over the top of the meatloaf
6. Bake in pre-heated oven for 50-60 minutes, ensure internal temp reaches 160 F
7. Let cool for 10 minutes before slicing and serving

Prep Time: 70 minutes