

# Old-Fashioned Meatloaf



08-Aug-2024

Level: Easy

Serves: 4 to 5

Prep Time: 20 minutes

Cooking Time: 55 minutes

## Meatloaf ingredients:

2 pounds ground beef (I use 88% lean, 12% fat)

1 small yellow onion, minced

2 tsp. coarse kosher salt

$\frac{1}{2}$  tsp. ground black pepper

3 large eggs, beaten

## Sauce ingredients:

1 (15 oz.) can tomato sauce

$\frac{1}{2}$  cup dark brown sugar, packed

$\frac{1}{2}$  cup white vinegar

2 tsp. classic yellow mustard

## Other ingredients:

1 cup Japanese style panko bread crumbs



## Recommended Tool:

Aluminum meatloaf pan with rack insert



Preheat oven to 350°F.

In a medium mixing bowl, whisk sauce ingredients until all are combined. Set aside.

Place 1 cup panko bread crumbs in a small mixing bowl. Add 1 cup of sauce to the panko and mix until all the bread crumbs are soaked with sauce. Set aside.

In a large mixing bowl, mix meatloaf ingredients until all are combined. Add soaked bread crumbs to meatloaf ingredients. Add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of sauce to meatloaf ingredients. Mix well until all are combined. Place meatloaf mixture into aluminum meatloaf pan with rack insert. Do not pack or press meatloaf down too hard on the



rack insert. Make a slight depression around the top of the meatloaf (see photo on right). Pour remaining sauce on top of the meatloaf, in the depression (see photo on left). Place meatloaf pan on a baking pan or sheet and bake uncovered for 55 minutes. After cooking, let meatloaf rest for 15 minutes in the meatloaf pan for juices to redistribute and settle. Lift insert rack to remove meatloaf.



Slice and serve with garlic mashed potatoes or hot rice.