



Meatloaf Recipe

This classic meatloaf recipe with a sweet and tangy glaze is easy to make and goes perfectly with my creamy mashed potatoes and roasted broccoli for a dinner everyone will love.

Author: Natasha Kravchuk **Servings:** 8 servings **Calories:** 338
Prep Time: 15 mins **Cook Time:** 1 hr 5 mins **Total Time:** 1 hr 20 mins

Ingredients

Meatloaf Ingredients:

- 2 lbs ground beef, 85% or 80% lean*
- 1 med onion, (1 cup), finely chopped*
- 1 tsp olive oil
- 2 large eggs
- 3 garlic cloves, minced
- 2 Tbsp ketchup
- 3 Tbsp fresh parsley, finely chopped
- 3/4 cup Panko breadcrumbs, or gluten-free bread crumbs
- 1/3 cup milk
- 1 tsp salt, or to taste
- 1 tsp Italian seasoning
- 1/2 tsp ground black pepper

Meatloaf Sauce Ingredients:

- 3/4 cup ketchup
- 1 1/2 tsp white vinegar
- 2 Tbsp brown sugar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Instructions

1. **Prep** - Line a rimmed baking sheet with parchment paper or foil for easier cleanup, and preheat oven to 350°F.
2. **Saute Onions** - Set a medium skillet over medium heat. Add 1 tsp oil and chopped onion and saute, stirring occasionally, until softened and golden, about 5-7 minutes. Transfer to a plate to cool.
3. **Make the Meatloaf Mixture** - In a large bowl, add all of the meatloaf ingredients and mix just until well combined (your hands are your best tool for mixing - put on disposable gloves if you want to).
4. **Shape Meatloaf and Bake** - Add meat to the pan and shape it into a meatloaf about 8 inches long, 4 inches wide, and 3 inches tall. Bake uncovered at 350°F for 40 minutes.
5. **Make the Sauce** - In a small bowl, add the sauce ingredients and stir to combine.
6. **Add the Glaze** - Spread the sauce over the Meatloaf, then return to the oven and bake an additional 20 minutes or until the internal temperature is 160°F on an instant-read thermometer. Rest the meatloaf for 10-15 minutes before serving and it will be much easier to slice.



Notes

- **Variations** - You can replace half the meat with ground turkey, chicken, or pork (or even Italian sausage). Note: poultry must be baked to 165°F.
- **Do Not Overmix** - Mix until the meat mixture is just combined so you don't end up with a dense meatloaf.
- **To Bake in a loaf pan** - Line the loaf pan with parchment paper for easier removal. Gently press your meat mixture into your loaf pan and bake following the same instructions, but increase the temperature to 375°F, or it will take longer to cook through.

Copyright © 2025 Natasha's Kitchen

Scan this QR code with your phone's camera to view the full recipe, complete with photos and/or video instructions:

