

Meatloaf

Ingredients (Serves 4-6)

Meat Blend:

- **1 lb** ground beef
- **1/2 lb** ground pork
- **1/2 lb** ground veal

Binding & Moisture:

- **2 eggs**
- **1/4 cup** milk
- **1 ½ cups**
seasoned
breadcrumbs

Flavor Enhancers:

- **1 ½ tbsp**
Worcestershire
sauce
- **1/2 tsp** soy sauce
- **2 tbsp** tomato
paste

Vegetables & Aromatics:

- **1/2** yellow or white
onion, diced
- **1/2** red or green
bell pepper, diced
- **1 tsp** garlic, minced

Seasonings:

- **1 tsp** Kosher or
sea salt
- **1 ½ tsp** Italian
seasoning
- **1 tsp** dried parsley
(or **2 tsp** fresh
chopped parsley)

Instructions

Preheat & Prep:

1. Preheat oven to **375°F (190°C)**.
2. Lightly grease a **9×5-inch loaf pan** or
line a baking sheet with **parchment
paper** if shaping by hand.

Mix the Meatloaf:

1. In a **large bowl**, combine:
 - Ground beef, pork, and veal
 - 2 eggs
 - 1 tbsp Worcestershire sauce
 - 1 tbsp soy sauce

- 2 cloves garlic, minced
 - 1 tsp salt
 - 1 tsp Italian seasoning
 - 2 tbsp fresh parsley, chopped
 - 2 tbsp tomato paste
 - 1/2 cup finely chopped onions
 - 1/4 cup finely chopped bell peppers
 - 1/4 cup milk
2. Sprinkle in **3/4 cup breadcrumbs** and mix gently with hands or a fork until just combined.
 - **Do not overmix**—this can make the meatloaf dense.

👉 *Tip: Use your less dominant hand to mix the meat.*

Shape & Bake:

1. Transfer the mixture to the **prepared loaf pan**, pressing lightly, or shape into a loaf on the **parchment-lined baking sheet**.
2. Bake for **50-60 minutes**, or until the **internal temperature reaches 160°F (71°C)**.

Rest & Serve:

1. Let rest for **5-10 minutes** before slicing—this helps retain moisture.
2. Serve with **mashed potatoes, roasted vegetables, or your favorite side dish**.
3. Top with **homemade beef gravy, ketchup, or glaze** (see below).

Optional Glaze (for Extra Flavor!):

*For a glazed meatloaf, mix the following and brush on top during the last **15 minutes** of baking:*

- **1/4 cup** ketchup
- **1 tbsp** brown sugar
- **1 tsp** Worcestershire sauce
- **1/8 tsp** granulated garlic
- **1/8 tsp** granulated onion