

## Beef

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# Meatloaf with Balsamic Vinegar

Palm Beach Post

**Servings: 4**

**Cook time: 45 minutes**

### MEATLOAF

**1 pound ground sirloin or ground turkey**

**1/2 cup ketchup**

**1/2 cup breadcrumbs**

**1/4 cup flat-leaf parsley, chopped**

**3 garlic cloves, chopped**

**1 small onion, minced**

**1 egg**

**2 teaspoons dried tarragon**

**1 teaspoon dried basil**

**1/3 cup grated Parmesan cheese**

**1 teaspoon coarse salt**

**cracked black pepper, to taste**

### GLAZE

**1/2 cup ketchup**

**2 tablespoons balsamic vinegar**

**2 tablespoons honey**

**1 teaspoon hot sauce**

Preheat oven to 375 degrees.

In a large bowl, combine the meatloaf ingredients. Mix with your hands. Shape mixture into smooth oval shape in an ovenproof baking dish.

To prepare the glaze, mix the remaining ingredients and brush over the meatloaf. Bake at 375 degrees for 45 minutes. Allow the loaf to rest for at least 5 minutes before slicing.

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Per Serving (excluding unknown items): 162 Calories; 4g Fat (18.3% calories from fat); 6g Protein; 30g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 1355mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.