

Beef

Classic Meat Loaf

Women's day Magazine

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 1 hour

2 tablespoons ketchup

1 tablespoon brown sugar

2 large eggs

2 tablespoons tomato paste

1 tablespoon Worcestershire sauce

1 teaspoon dry oregano

3/4 teaspoon Kosher salt

1/2 teaspoon pepper

1/2 cup dry bread crumbs

1 small onion, finely chopped

1/2 cup fresh flat-leaf parsley, chopped

3/4 pound ground chuck

3/4 pound ground pork

Preheat oven to 375 degrees.

Line a rimmed baking sheet with foil.

In a bowl, combine the ketchup and brown sugar.

In a large bowl, whisk together the eggs, tomato paste Worcestershire sauce, oregano, salt and pepper; stir in the bread crumbs. Add the onion and parsley and mix to combine.

Add the beef and pork and mix until just incorporated. Transfer the mixture to the prepared baking sheet and shape into a 9x3-1/2-inch loaf. Brush loaf with the ketchup-brown sugar mixture.

Bake until the internal temperature registers 150 degrees, about 40 to 45 minutes.

Let rest for 5 minutes before serving.

Per Serving (excluding unknown items): 386 Calories; 26g Fat (61.6% calories from fat); 24g Protein; 13g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 538mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.