

# The Best Meat Loaf

From [Woman's Day](#) | [April 1, 2006](#)

**Active Time:** [10 minutes](#)

**Total Time:** [1 hour](#)

## Recipe Ingredients

- 3/4 cup ketchup
- 2 large eggs
- 1/2 cup milk
- 2 Tbsp Worcestershire sauce
- 1 tsp salt
- 1/4 tsp pepper
- 2 lb meat loaf mixture (beef, pork and veal)
- 1/2 cup chopped scallion
- 1/2 cup bell pepper
- 1 cup crushed saltine crackers (24 crackers)
- 1 Tbsp minced garlic
- 1 Tbsp packed brown sugar



Photo: Charles Schiller

## Recipe Preparation

1. Heat oven to 425°F. Line a rimmed baking sheet with nonstick foil.
2. Whisk 1/2 cup ketchup with the next 5 ingredients in a large bowl.
3. Add meat loaf mixture, scallion, bell pepper, saltines and garlic. Mix well with hands or with a wooden spoon.
4. Place on baking sheet and pat into an 11 x 5-in. oval loaf. Mix remaining 1/4 cup ketchup and the brown sugar; spread over loaf.
5. Bake 50 minutes, or until a meat thermometer inserted in center registers 160°F. Let rest 5 minutes before slicing. Leftovers are great served cold with mustard or horseradish sauce.

**Mini Meat Loaves:** Using 1 cup meat loaf mixture for each loaf, shape into six 5-in.-long, 2 1/2-in.-wide loaves on lined baking sheet. Spread with the ketchup-sugar mixture; bake 20 to 25 minutes.

## Nutrition Facts

Yield 6 servings

Servings 6

### Amount Per Serving

**Calories** 499

**Total Fat** 31g

Saturated Fat 12g

**Cholesterol** 194mg

**Sodium** 1094mg

**Total Carbohydrates** 22g

Dietary Fiber 1g

**Protein** 31g