

# Traditional Meatloaf

*Gail Graham - Maple Ridge, BC  
Taste of Home Grandma's Favorites*

## **Servings: 6**

*3 slices bread  
1 large egg, lightly beaten  
2/3 cup 2% milk  
1 cup Cheddar cheese,  
shredded  
1 medium onion, finely  
chopped  
1/2 cup carrot, finely  
shredded  
1 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 pounds ground beef  
GLAZE  
1/4 cup packed brown  
sugar  
1/4 cup ketchup  
1 tablespoon prepared  
mustard*

## **Preparation Time: 15 minutes**

### **Bake Time: 1 hour**

Preheat the oven to 350 degrees.

Tear the bread into two-inch pieces; place in a blender. Cover and pulse to form coarse crumbs. Transfer to a large bowl.

Stir in the egg, milk, cheese, onion, carrot, salt and pepper. Add the beef. Mix mix lightly but thoroughly. Transfer to a greased 9x5-inch loaf pan.

In a small bowl, mix the brown sugar, ketchup and mustard. Spread over the loaf.

Bake for 60 to 75 minutes or until a thermometer reads 160 degrees.

Let stand for 10 minutes before slicing.

*Savory Meatloaf: Omit the shredded carrot. Saute' 1/2 cup of chopped green pepper with the onion in two teaspoons of canola oil until tender. Add two cloves of garlic, minced, and cook for 1 minute. Cool slightly. Combine with the egg, milk, bread, cheese, salt and pepper. Add one teaspoon of crushed dried rosemary. Proceed as the recipe directs.*

*Freeze Option: Bake the meat loaf without the glaze. Securely wrap the cooled meatloaf in foil. Freeze. To use: partially thaw the meatloaf in the refrigerator overnight. Prepare and spread the glaze over the top. Reheat on a greased shallow baking pan in a preheated 350 degree oven until heated through and a thermometer inserted in the center reads 165 degree.*

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Per Serving (excluding unknown items): 546 Calories; 38g Fat (63.6% calories from fat); 27g Protein; 22g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 800mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 1 Other Carbohydrates.