

Classic Meatloaf

8 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 900 g Beef (ground, lean, raw)
- 1 cup Bread crumbs (dry, grated, plain)
- 2 large Egg (whole, raw, fresh)
- 1/2 cup Milk (whole, 3.25% milkfat, with added vitamin D)
- 3/4 cup, sliced Onions (raw)
- 3 clove Garlic (raw)
- 33 g Tomato (paste, canned, without salt added)
- 1 tsp Salt (table)
- 1/2 x 5 ml whole Spices (pepper, black)

Instructions

1. Preheat oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the ground beef, breadcrumbs, eggs, milk, onion, garlic, salt, and pepper. Mix gently with your hands until just combined — don't overwork it.
3. Shape the mixture into a loaf on the prepared baking sheet, about 9 by 5 inches.
4. Bake for 45 minutes, then spread 2 tablespoons of tomato paste mixed with a splash of water over the top.
5. Bake for another 15 minutes, until the internal temperature reaches 160°F (71°C).
6. Let rest for 10 minutes before slicing. Serve with mashed potatoes or roasted vegetables.