



Family Plan

Classic Meatloaf

Serving Size : 4 Preparation Time :0:00

Categories : Main Dish

Amount Measure Ingredient -- Preparation Method

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- 1 1/2 pounds lean ground beef
 - 1 8-ounce can tomato sauce
 - 1 cup soft bread crumbs
 - 1 small onion -- finely chopped
 - 1 egg -- slightly beaten
 - 2 teaspoons Worcestershire sauce
 - 1 teaspoon dried thyme leaves
 - 1/2 teaspoon garlic salt
 - 1/4 teaspoon pepper
 - 1 tablespoon brown sugar -- packed
 - 1 teaspoon dry mustard

Heat oven to 350°F. Reserve 1/4 cup tomato sauce. In large bowl, combine ground beef, remaining tomato sauce, bread crumbs, onion, egg, Worcestershire sauce, thyme, garlic salt and pepper, mixing lightly but thoroughly.



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Divide mixture into thirds and shape to form three loaves, each about 1 1/2 inches thick; place on rack in open roasting pan. Combine reserved tomato sauce, brown sugar and mustard; spread over top of loaves.

Bake in 350°F oven 40 to 45 minutes or until no longer pink and juices run clear. To serve, cut each meatloaf into 1-inch thick slices.

Source: "The Texas Beef Council"

S(Internet address): "<http://www.txbeef.org/>"

Start to Finish Time: "1:00"

Per Serving (excluding unknown items): 540 Calories; 37g Fat (62.9% calories from fat); 34g Protein; 15g Carbohydrate; 2g Dietary Fiber; 181mg Cholesterol; 821mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

NOTES : Cook's tip: To make soft bread crumbs, place torn bread slices in food processor, fitted with steel blade, or blender container. Cover; process 30 seconds, pulsing on and off, until fine crumbs. One and a half slices will yield 1 cup soft bread crumbs.

*By shaping the ground beef mixture into small, two-serving loaves, baking time can be reduced by 30 minutes. Gentle handling when mixing the ground beef with the other ingredients will ensure a moist, tender meatloaf.