

# Glazed Meatloaf

## Loaf:

- 1 ½ pounds ground beef; 80-85% lean
- 1 envelope (1 ounce) onion soup mix
- 1/8 cup dried onion
- 1 cup breadcrumbs (Italian, plain or Panko)
- ½ Tablespoon garlic powder
- ¼ cup milk
- ½ Tablespoon Worcestershire Sauce
- ½ cup ketchup
- 1 Tablespoon mustard
- 2 eggs, beaten

## Glaze:

- 1/3 cup brown sugar
- 1/8 cup BBQ sauce- choose mild to hot depending on individual taste
- ¼ cup ketchup
- 1 Tablespoon molasses

**Preparation Time: 30 minutes**

**Baking time: 1 hour**

**Yield: 8 (6 ounce) servings**

*You will need a large bowl and an 8X8 inch baking dish or large loaf pan.*

---

1. Preheat the oven to 350 degrees.
2. Spray the 8X8 baking dish or loaf pan with nonstick spray.
3. Crumble the ground beef in the large bowl.
4. Stir in the remaining ingredients, including any optional ones, using a wooden spoon.
5. Stir or knead the mixture until it is well blended.
6. Form the mixture into a loaf in the baking dish.
7. Make a slight indentation in the top of the loaf and spoon in the glaze, allowing some of the glaze to run over the side of the loaf. Bake for 1 hour or until the interior temperature reaches 165 degrees.

## Substitutions:

- You can use ½ cup fresh onion instead of dried onion.

## Additions/Options:

## Nutrition Per Serving (Approximate):

Calories: 316, Fat 17 grams, Carbohydrates: 29 grams, Fiber: 1 gram, Sugars: 19 grams, Protein: 11 grams