



Ingredients

Meatloaf Ingredients:

- 2 lbs ground beef
- 1 medium onion, finely chopped
- 2 large eggs
- 3 garlic cloves, minced
- 3 Tbsp ketchup
- 2 Tbsp Worcestershire sauce
- 3 Tbsp fresh parsley, finely chopped
- 3/4 cup Panko breadcrumbs
- 1/3 cup milk
- 1 1/2 tsp salt, or to taste
- 1 1/2 tsp Italian seasoning
- 1/4 tsp ground black pepper
- 1/2 tsp ground paprika

Meatloaf Sauce Ingredients:

- 3/4 cup ketchup
- 1 1/2 tsp white vinegar
- 2 1/2 Tbsp brown sugar
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp ground black pepper
- 1/4 tsp salt

Cooking Instructions

- Line a 9"x5" loaf pan with parchment paper and preheat oven to 375°F.
- In a large bowl, add all of the ingredients and mix well to combine, do not overmix.
- Add meat to the loaf pan, gently press meat down and shape evenly and bake meatloaf at 375°F for 35 minutes. While meatloaf is finishing baking prepare the sauce.
- In a small bowl, mix all of the ingredients together for the sauce. Spread the sauce over meatloaf then return to oven and bake additional 15 once sauce is added. Rest meatloaf 5-10 minutes before slicing. Drizzle with baking juices from the pan.

