

CLASSIC BEEF MEATLOAF

- 1-1/2 pounds Ground Beef (93% lean or leaner)
 - 3/4 cup panko bread crumbs
 - 3/4 cup ketchup, divided
 - 1/2 cup minced onion
 - 1 egg
 - 1 tablespoon Worcestershire sauce
 - 2 teaspoons minced garlic
 - 1 teaspoon dried thyme
 - 3/4 teaspoon pepper
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1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, 1/2 cup ketchup, onion, egg, Worcestershire, garlic, thyme, pepper and salt in large bowl, mixing lightly but thoroughly. Shape beef into 8 x 4-inch loaf on rack in aluminum foil-lined broiler pan.
 2. Place on upper oven rack in 350°F oven. Bake 45 to 55 minutes, until instant-read thermometer inserted into center registers 160°F; brush with remaining 1/4 cup ketchup during last 10 minutes, if desired. Let stand 10 minutes. Cut into slices.

July 19 recipe