

Foodnity Recipes

Meatloaf With the Best Glaze

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 ½ lbs ground beef (80/20)
- [ ] ½ cup breadcrumbs
- [ ] 1 egg, lightly beaten
- [ ] ¼ cup milk
- [ ] 1 small onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tsp dried thyme
- [ ] ½ tsp salt
- [ ] ¼ tsp black pepper

For the Glaze

- [ ] ½ cup ketchup
- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp Worcestershire sauce
- [ ] ½ tsp smoked paprika

Optional Add-ins

- [ ] ¼ cup grated Parmesan cheese
- [ ] 1 tbsp Dijon mustard

Instructions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment.
2. In a small skillet, sauté the diced onion and garlic in a splash of oil until soft; set aside to cool slightly.
3. In a large bowl, combine ground beef, breadcrumbs, egg, milk, sautéed onion-garlic, parsley, thyme, salt, and pepper. Mix gently with clean hands until just combined.
4. Shape the mixture into a loaf (about 9×4 inches) and place on the prepared baking sheet.
5. In a small bowl, whisk together all glaze ingredients until smooth.
6. Brush half of the glaze over the top of the loaf, then bake for 25 minutes.
7. Remove from oven, brush the remaining glaze, and return to bake for another 15-20 minutes, or until internal temperature reaches 160°F.
8. Let the meatloaf rest 10 minutes before slicing; serve warm.

Nutrition per serving

420 kcal	30 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze darkens too quickly, loosely cover the loaf with foil.
- For extra moisture, add a splash of beef broth to the meat mixture.
- Feel free to swap the glaze for a BBQ sauce for a smoky twist.