



Meatloaf

Yield: 4 Servings

Ingredients:

10 oz red onion, chopped
1 oz chopped garlic
1 ¼ lbs ground beef (10% fat)
3 oz chopped Raw Bacon
½ cup ketchup, divided
2 large eggs
1 tsp salt
1 tsp ground black pepper
6 oz bread crumbs
2 Tbsp chopped fresh parsley
1 Tbsp chopped fresh thyme

Preparation:

1. Preheat oven to 400°F.
2. Blend onion and garlic in food processor until onion is finely chopped.
3. Transfer to large bowl; add beef, and the remaining ingredients and combine thoroughly by hand.
4. Form a loaf on a sheet pan, adding remaining ketchup on top of loaf and bake for about an hour, until internal temperature reads 165 degrees.
5. Slice and serve.

