

The Best Meatloaf I've Ever Made

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Servings: 12

Ingredients

- 1 tablespoon butter
- 1/4 cup minced onion
- 2 cloves garlic, minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons freshly ground black pepper
- 2 pounds extra-lean ground beef
- 3 slices bread, toasted and crumbled
- 7 buttery round crackers, crushed
- 1 egg, lightly beaten
- 3 1/2 tablespoons sour cream
- 1 1/2 tablespoons Worcestershire sauce
- 1 (15 ounce) can tomato sauce, divided
- 1/4 cup milk (optional)
- 3 tablespoons ketchup



Steps

1. Preheat oven to 350 degrees F (175 degrees C).
2. Melt the butter in a skillet over medium heat, and cook the onion and garlic 5 minutes, until onion is tender. Remove from heat, and season with salt and pepper.
3. In a large bowl, mix the onion and garlic, beef, crumbled bread, crushed crackers, egg, sour cream, Worcestershire sauce, and 1/2 can tomato sauce. Gradually stir in the milk 1 teaspoon at a time until mixture is moist, but not soggy. Transfer the mixture to a 5x9 inch loaf pan.
4. Bake uncovered in the preheated oven 40 minutes. Increase oven temperature to 400 degrees F (200 degrees C), and continue baking 15 minutes, to an internal temperature of 160 degrees F (70 degrees C).
5. In a small bowl, mix the remaining tomato sauce and ketchup. Pour over the top of the meatloaf, and continue baking 10 minutes.

Notes

- The milk is optional, and is added due to my high altitude and dry climate.
- Tip
- Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.