**Meatloaf**

RECIPE



**INGREDIENTS**

* 5 pounds ground beef
* 4 eggs
* 3 medium onions chopped
* 3 cups dry breadcrumbs
* 2 cups milk
* Salt & pepper
* Optional Ingredients:

cracker crumbs, quick cooking oats, green pepper, garlic, garlic powder, parsley, thyme, onion powder, Worcestershire sauce, bacon, shredded cheddar cheese

**For Topping**

* 2/3 cup brown sugar
* 2/3 cup mustard
* 1-2/3 cup ketchup
* Optional Toppings:

bbq sauce

**DIRECTIONS**

1. Preheat oven to 350 degrees. Prepare a 2” pan with non-stick spray.
2. Combine ground beef, eggs, onion, milk and bread crumbs. Season with salt and pepper to taste. Add any preferred additional ingredients and mix.
3. Form beef mixture into 2-3 loaves and place in prepared pan.
4. In a separate bowl, combine brown sugar, mustard and ketchup. Mix well and spoon over meatloaves.
5. Bake in oven for 1-1 ½ hours or until internal temperature reaches 165 degrees.

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| **Prep Time:** 10 minutes | **Cook Time:** 60-90 minutes | **Total Time:** 70-100 minutes | **Yield:** 20-26 servings |