

## *Idiot's Kitchen Recipe – Meatloaf*

[www.idiotskitchen.com](http://www.idiotskitchen.com) - Adapted from Martha Stewart



### Ingredients:

Ground Beef (  $\frac{3}{4}$  to 1 pound)  
Ground Pork (  $\frac{3}{4}$  to 1 pound)  
3 Slices of White Bread (crusts removed)  
3 Carrots (about 1 cup)  
1 Celery Rib (1 piece from the stalk)  
1 Small Yellow Onion  
2 Garlic Cloves  
 $\frac{1}{2}$  Cup Ketchup  
2 teaspoons Ground Dry Mustard Powder  
2 Eggs  
1 teaspoon Salt  
1 teaspoon Pepper  
1 teaspoon Tabasco Sauce  
3 Tablespoons Ketchup\*  
2 teaspoons Ground Dry Mustard Powder\*  
2 Tablespoons Brown Sugar\*  
 $\frac{1}{2}$  Large Red Onion (cut into rings)  
1 Tablespoon Olive Oil  
3 Tablespoons Water  
(\*additional ketchup and mustard powder needed for the meatloaf topping)

Pre-heat the oven to 375 degrees.

Remove the crusts from 3 Slices of White Bread. Crumble or grind into breadcrumbs in a food processor.

Chop carrots, celery and onion into large chunks. Process with 2 cloves of garlic in a food processor until finely shredded. **NOTE: you can grate your vegetables if you don't have a food processor.**

Add shredded vegetables to the fresh breadcrumbs in a large bowl and set aside.

Gently beat 2 eggs. In a separate bowl, combine the eggs, ground beef and ground pork.

Add ½ cup ketchup, 2 teaspoons dry mustard, 1 teaspoon salt, 1 teaspoon pepper, 1 teaspoon Tabasco and 1 Tablespoon Worcestershire Sauce to the meat to season.

Gently work the meat with your hands to combine all of the ingredients.

Add the meat to the vegetable and bread crumbs and mix just until combined. Be careful not to over-mix.

Form the meat mixture into a loaf on a broiler pan or sheet pan lined with parchment paper.

Note: if using a broiler pan, spray the top with non-stick cooking spray and add a little water to the bottom of the pan to catch the drippings.

For the topping, mix 3 Tablespoons ketchup with 2 teaspoons dry mustard powder and 2 Tablespoons brown sugar. Stir to combine and brush over the top of the meatloaf.

Slice ½ of a large red onion into rings. Sauté in 1 Tablespoon olive oil until tender and just beginning to brown. Add 3 Tablespoons of water to the onions and cook until the water is absorbed.

Top the meatloaf with the caramelized onions.

Bake at 375 degrees for approximately 1 hour or until an instant read thermometer reaches 160 degrees.