

Basic Meatloaf

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Ingredients

1 to 1 1/2 pounds lean ground beef, about 85%
2/3 cup milk
1/2 cup cracker crumbs
1/4 cup ketchup
1 teaspoon Worcestershire sauce
1/2 cup finely chopped onion
1 teaspoon salt
1/8 teaspoon black pepper
1 egg, beaten

Directions

Heat the oven to 350° F (180° C/Gas 4).

In a large bowl mix the ground beef with the milk, cracker crumbs, ketchup, Worcestershire sauce, onion, salt, pepper, and beaten egg. Blend well but do not over mix.

Form into a loaf and place in baking dish or 8 1/2-by-4 1/2-inch loaf pan.

If desired, spread more ketchup (or barbecue sauce) over the top of the meatloaf.

Bake the meatloaf in the preheated oven for about 1 hour to 1 hour and 15 minutes.