

# Basic Meatloaf

written by The Recipe Exchange | July 30, 2016

## **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.