



Marilyn's Meatloaf

Serves 6

Meatloaf Ingredients:

- 1 slice of whole grain bread-cut off the crusts and tear into small pieces
- ½ c tomato juice or soy milk or regular milk
- 2 lb ground beef
- 1 egg
- ¼ c diced onion
- ½ tsp. salt
- ½ tsp ground pepper
- 1 tsp dry basil
- ½ c shredded carrots

Instructions for meatloaf:

Preheat the oven to 350 degrees.

Dump all these ingredients into a large bowl. Put on disposable gloves and gently mix the components together until they are combined. Remove from the bowl (don't wash the bowl yet) and pat gently into a greased loaf pan. I bake it in my 50 year old 9 x 5 Pyrex meat loaf pan.

Slide the meatloaf into the preheated oven for 15 minutes, and while it is baking make the topping in the same dirty bowl.

Topping Ingredients:

- 3 Tbs. brown sugar
- ½ c ketchup
- ¼ tsp nutmeg
- Heaping tsp of dry mustard

Instructions for topping:

Mix the topping ingredients together well. After the meat loaf has baked for 15 minutes without the glaze, remove it from the oven. Gently cover the top with the ketchup-based sauce and bake another 45 minutes or until interior temp hits 160 degrees.

Rest for at least 10 minutes, then cut it into slices and serve.

Note: There is a lot of juice and fat that accumulates around the meatloaf when you bake it in a pan. Generally, I pour all of this into a Pyrex measuring cup and remove the fat only, and then return the juice to the meatloaf pan. OR you can eat the meat loaf as is and refrigerate the leftovers. The next morning you will see an orange layer of fat that is easy to lift off with a spoon.

Some of my friends add $\frac{1}{2}$ cup of Parmesan cheese to the meat mixture.