

# CLASSIC MEATLOAF

Preparation: 20 min.. | Cooking: 1 hour | Servings: 6

## INGREDIENTS

2 lb. ground beef  
2 large eggs, lightly beaten  
1 clove garlic, minced  
1 stalk celery, finely chopped  
1 carrot, finely chopped  
1 onion, finely chopped  
1/2 cup breadcrumbs  
1/2 cup ketchup  
2 tbsp. packed brown sugar  
1 tbsp. butter  
1 tbsp. tomato paste  
1 tsp. Worcestershire sauce  
Kosher salt  
Freshly ground black pepper  
Freshly chopped parsley for serving  
Cooking spray



## INSTRUCTIONS

Preheat oven to 350° and grease a 9"-x-5" loaf pan with cooking spray. In a large skillet over medium heat, melt butter. Add onions, carrots, and celery. Season with salt and pepper and cook, stirring occasionally, until soft, 5 minutes. Add thyme and garlic and cook until fragrant, 1 minute more. Turn off heat and stir in Worcestershire sauce and tomato paste. Let cool slightly. In a large bowl, combine vegetable mixture, ground beef, bread crumbs, and eggs. Press into prepared loaf pan. In a small bowl, whisk together ketchup and brown sugar. Brush meatloaf with half the ketchup mixture and bake for 45 minutes. Brush with remaining ketchup mixture and bake for another 15 to 20 minutes or until the middle of the loaf reaches 155°. Let cool 15 minutes. Garnish with parsley to serve.