

Diner Meatloaf

- Prep Time 20 min
- Total Time 1 hr 25 min
- Servings 4

1 lb lean (at least 80%) ground beef
1 clove garlic or 1/8 teaspoon garlic powder
1 small onion
2 slices bread with crust
1/4 cup milk
2 teaspoons Worcestershire sauce
1 teaspoon chopped fresh or 1/4 teaspoon dried sage leaves
1/4 teaspoon salt
1/4 teaspoon ground mustard
1/8 teaspoon pepper
1 large egg
1/3 cup ketchup, chili sauce or barbecue sauce



1. Heat the oven to 350°F. In a large bowl, break up the beef into small pieces, using a fork or spoon.
2. Peel and finely chop the garlic. Peel the onion, and chop enough of the onion into small pieces to measure 3 tablespoons. Wrap remaining piece of onion, and refrigerate for another use. Add the garlic and onion to the beef.
3. Tear the bread into small pieces and add to beef mixture.
4. Add the milk, Worcestershire sauce, sage, salt, mustard, pepper and egg to the beef mixture. Mix with a fork, large spoon or your hands until the ingredients are well mixed.
5. Place the beef mixture in an ungreased baking pan. Shape the mixture into an 8x4-inch loaf in the pan, then spread the ketchup over the top.
6. Bake uncovered 50 to 60 minutes until meat and juices are no longer pink or until a meat thermometer inserted in the center of the loaf reads 160°F and center of loaf is no longer pink*. Let the loaf stand 5 minutes so it will be easier to remove from the pan. Remove loaf from pan and cut into slices.