

meatloaf

prep: 15m
bake: 1h

serves: 6-10

ingredients:

1 lb ground beef/turkey
1 cup bread crumbs
1 tsp basil
1 tsp oregano
1 tsp parsley
1 1/8 tsp salt
1 tsp black pepper
1 egg
3 tbsp worcestershire sauce
8 oz shredded mozzarella
1 cup barbecue sauce
1/4 cup brown sugar
1 tbsp red wine vinegar

notes:

✓ meatloaf sandwiches
✓ meatloaf muffins

instructions:

- preheat oven to 350
- grease loaf pan
- mix meat, bread crumbs, basil, oregano, parsley, salt, pepper, egg, 2 tbsp w. sauce, knead to mix
- shape half of mix as a trough in the bottom the pan, fill with cheese
- add remaining meat, sealing edges, leaving a little space at the top
- mix barbecue sauce, brown sugar, remaining w. sauce, vinegar, garlic, salt, cayenne
- spread 1/2 sauce over top of meatloaf, bake 45 min
- spread remaining sauce, bake 15 min
- rest 10-15 min, serve

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