

Classic Meatloaf Recipe

Here's my secret to the best classic meatloaf recipe! It's tender and moist, layered with flavor, and brushed with a tasty meatloaf sauce. **Watch the video below to see how I make this in my kitchen!**



Prep Time
15 mins

Cook Time
50 mins

Rest Time
10 mins

Total Time
1 hr 15 mins

Course: Dinner Cuisine: American

★★★★★
5 from 12 votes

Keyword: Classic Meatloaf, Gluten Free Meatloaf, Meatloaf, Meatloaf Recipe, Meatloaf with Oats

Servings: 8 servings Author: Lisa Bryan

Equipment

- Enamelware Roaster One of my favorite roasting pans!

Ingredients

- 2 pounds ground beef
- 1 small onion finely diced (about 1 cup diced)
- 4 garlic cloves minced
- 2 large eggs
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- $\frac{2}{3}$ cup quick-cooking oats
- $\frac{1}{3}$ cup milk
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon Italian seasoning
- 1 teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground black pepper

Meatloaf Glaze

- $\frac{1}{2}$ cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon coconut sugar or brown sugar

Instructions

1. **Combine ingredients.** Preheat oven to 350°F (175°C). In a large mixing bowl, add the ground beef, onion, garlic, eggs, ketchup, Worcestershire sauce, oats, milk, parsley, Italian seasoning, salt, and pepper. Using your hands, mix together the ingredients until well combined, but try not to over-mix.
2. **Form a loaf.** On a casserole pan or rimmed baking sheet, form the mixture into an approximate 9x5-inch loaf. Alternatively, you can add the mixture to a loaf pan.
3. **Coat with the glaze.** In a small bowl, stir together the ketchup, Worcestershire sauce, and sugar. Brush it all over the top of the meatloaf.
4. **Cook.** Place the meatloaf in the oven and cook for 50 to 60 minutes, or until the internal temperature has reached 160°F (70°C).

5. Slice and serve. Remove the meatloaf from the oven and let it rest for 10 minutes. Then, slice it up and serve!

Notes

- **To store in the fridge:** Any leftovers will stay good for 3 to 4 days.
- **How to freeze:** Let the meatloaf cool completely before wrapping individual slices with plastic wrap or foil and storing it in a freezer-safe bag. They'll stay good for up to 3 months in the freezer.
- **Make-ahead tip:** You could also prep the meatloaf raw, wrap it with plastic wrap, and store it in the fridge the night before. Then bake it fresh the next day.

Nutrition

Calories: 367kcal | Carbohydrates: 14g | Protein: 22g | Fat: 24g | Saturated Fat: 9g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 11g | Trans Fat: 1g | Cholesterol: 121mg | Sodium: 626mg | Potassium: 469mg | Fiber: 1g | Sugar: 6g | Vitamin A: 249IU | Vitamin C: 4mg | Calcium: 62mg | Iron: 3mg