

# Carolyn's Traditional Beef Meatloaf

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Cooking With Carolyn

## Ingredients

Yield: 4 to 6 Servings

- 2 Pounds Ground Beef, 80%/20%
- 3 Tablespoons Vegetable Oil or Extra Virgin Olive Oil
- ¾ Cup Diced Onions
- ¼ Cup Diced Green Bell Peppers
- 3 Cloves Minced Garlic
- 2 Teaspoons Dried Thyme
- 1½ Teaspoons Paprika
- To Taste Kosher Salt
- To Taste Black Pepper
- To Taste Grand Diamond All Purpose Seasoning
- 2/3 Cup Bread Crumbs (Your choice: panko, seasoned or unseasoned traditional bread crumbs, crushed croutons, crushed crackers)
- 1 Beaten Egg
- 3 Tablespoons Worcestershire Sauce or Steak Sauce
- 3 Tablespoons Heavy Cream or Milk
- 3 Tablespoons Beef Stock (optional)

## Glaze

- ½ Cup Ketchup
- 1 Tablespoon Worcestershire Sauce
- 2 Teaspoons Dijon Mustard
- 1/8 Teaspoon Cayenne Pepper (optional)

## Directions

Preheat oven at 350 degrees

Preheat a medium sized skillet over medium-high heat and add the oil. Once the oil is hot, sauté the onions and bell peppers for about 5 to 7 minutes or until the onions are translucent. Next add the garlic, thyme and paprika and stir for another minute or so. Turn off the heat and set aside.

In a large bowl combine the ground beef, bread crumbs, beaten egg, Worcestershire sauce, heavy cream, optional beef stock, and finally the sautéed onions and peppers. Use your hands to mix all of the

ingredients together. Be careful not over work the mixture. (**Tip:** Make a small patty, about the size of a half dollar, cook it in the same skillet that was used to sauté the onions and peppers. Taste it and adjust the seasonings to your taste.) To make the glaze, combine the ketchup, Worcestershire sauce, Dijon, and cayenne in a small bowl, stir to combine and set aside.

Place the mixture into a rectangular baking dish and shape into a loaf. Bake uncovered at 350 degrees until an instant read thermometer is inserted and reads 160 degrees, start checking it after 1 hour. Also at the first hour mark, pour the glaze evenly over the top of the meatloaf and finish cooking. Once it's done, place the meatloaf on a plate to rest for about 15 minutes before cutting and serving.