



Sheet Pan Meatloaf

Jacob · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

4

Description

This meatloaf cooks in about 1 hour and has minimal cleanup required. It's perfect for a weeknight meal. Pair with three-ingredient macaroni and cheese and a vegetable to round out this meal.

Ingredients

- 1 pound ground beef - 2 large eggs - $\frac{3}{4}$ cup panko bread crumbs - $\frac{1}{4}$ cup finely chopped onion - $\frac{1}{4}$ cup BBQ sauce
- divided - 1 tablespoon Worcestershire sauce - 1 tablespoon garlic powder - salt and freshly ground black pepper to taste - cooking spray

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Combine ground beef
2. eggs
3. bread crumbs
4. onion
5. 2 tablespoons BBQ sauce
6. Worcestershire sauce
7. garlic powder
8. salt
9. and pepper in large bowl and mix by hand. Line a sheet pan with foil and spray with cooking spray. Shape meatloaf mixture evenly into a rectangular shape. Bake in the preheated oven for 45 minutes. Brush with remaining BBQ sauce (or more as needed) and bake until internal temperature reaches 165 degrees C (73 degrees C)
10. about 15 more minutes. Slice meatloaf and serve with extra BBQ sauce if desired. Cook's Note I used my own recipe for homemade Boozy BBQ Sauce. The plastic rectangular container ground beef comes in is perfect to shape a meatloaf. Wash out the tray
11. and place the meatloaf mixture into the tray. Then invert on the foil lined baking sheet.