



Aunt Libby39s Southern Meatloaf

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 30 mins

Description

This my 86yearold Aunt Libbys homemade meatloaf recipe I finally had her write it down for me last year You can be sure no one will tell you this meatloaf is dry

Ingredients

— - 2 pounds ground beef - 1 onion
— chopped - 1 cup ketchup - 1 cup Italian-seasoned bread crumbs - 2 eggs - 1 ½ teaspoons salt - ¼ teaspoon ground black pepper - 1 ½ cups ketchup - ¼ cup water - 3 tablespoons white wine vinegar - 3 tablespoons brown sugar - 2 tablespoons Dijon mustard - 2 teaspoons Worcestershire sauce

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Butter a 9x5-inch loaf pan. Mix beef
2. onion
3. 1 cup ketchup
4. bread crumbs
5. eggs
6. salt
7. and pepper together in a bowl. Press beef mixture into a loaf in the prepared loaf pan. Mix 1 1/2 cups ketchup
8. water
9. vinegar
10. brown sugar
11. mustard
12. and Worcestershire sauce together in a saucepan; cook and stir over medium heat until sauce is smooth and warm
13. about 10 minutes. Pour 1/3 the sauce over meatloaf. Bake in the preheated oven
14. basting every 25 minutes with more sauce
15. until meatloaf is cooked through
16. 1 to 1 1/2 hours. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Cool in the pan for 10 minutes before slicing. Cook's Note If you need to use two meatloaf pans to make the meatloaf fit comfortably in the pan with room to spare
17. do so. My Aunt Libby's original recipe calls for 2 pounds of ground beef
18. but I usually use 1.3 to 1.5 pounds of meat for my small family of three and adjust the other ingredients accordingly. So one meatloaf pan is all I need. Try not to substitute ground beef with turkey and use a fattier 80% lean beef choice. True
19. it is not as healthy
20. but the taste is amazing!