

Meat Loaf

Yields

4 Servings

Prep Time

10 Minutes

Cook Time

55 Minutes

Total Time

1 Hour



INGREDIENTS

- Crisco® Cooking Spray
- 1/3 cup low-sodium ketchup
- 2 tbsp brown sugar
- 2 tsp dry mustard
- 1 lb ground sirloin
- 1/2 cup low-sodium plain fresh breadcrumbs
- 1/4 cup Dash™ Garlic & Herb Seasoning Blend
- 1/2 cup finely chopped onions
- 1/2 cup egg substitute (or 2 small eggs, beaten)

DIRECTIONS

1. Preheat oven to 350°F, and lightly spray an 8x4-inch loaf pan with cooking spray.
2. In a bowl whisk together ketchup, brown sugar, and mustard, mixing until well blended. Set half of this mixture aside for later.
3. In a bowl separate combine the ground sirloin, breadcrumbs, Dash™ Garlic & Herb Seasoning, onions, beaten eggs (or egg substitute), and half of the ketchup mixture. Mix everything until well combined.
4. Pat the meat mixture evenly into the prepared loaf pan.
5. Place the pan in the preheated oven and bake for 40 minutes.
6. After 40 minutes, spread the remaining ketchup mixture over the top of the meatloaf.
7. Return the loaf to the oven and bake for an additional 10 minutes, or when it reaches an internal temperature of 150°F.
8. Let the meatloaf stand for 5 minutes before slicing and serving.

Tips

- **Chef's Tip** - For a juicier meatloaf, avoid overmixing the ingredients. Gently combine them just until evenly incorporated—this helps keep the meatloaf tender and prevents