



All for the Beef

Yields 6 servings

Recipe Card

Classic Beef Meat Loaf with Pepper Jelly Glaze



Shopping List

- Lean ground beef
- Onion
- Garlic cloves
- Carrot
- Bread
- Egg
- Milk
- Worcestershire Sauce
- Dijon mustard
- Salt and pepper
- Hot or sweet pepper jelly (optional for glaze)
- Apple sauce (optional for glaze)
- Ketchup (optional for glaze)



Ingredients

- 2 tsp vegetable oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, shredded
- 2 slices bread, finely chopped
- 1 egg
- ½ cup milk
- 1 tbsp each Dijon mustard and Worcestershire sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 ½ lb (750 g) lean ground beef
- Pepper Jelly Glaze (recipe follows)

Instructions

1. Heat oil in skillet over medium-high heat. Cook onion, garlic and carrot, cooking 5 minutes until softened. Set aside.
2. Beat egg and milk together with a fork; blend in bread, mustard, Worcestershire, salt and pepper. Mix in ground beef and reserved onion, garlic and carrot (don't over-mix). Form into a loaf shape (about 9 inches/23 cm long by 5 inches/12 cm wide) on foil or parchment paper lined rimmed baking sheet or large oven-safe casserole OR pack into foil-lined 9 x 5-inch (2 L) loaf pan. (Note: By cooking the loaf free-form on a baking sheet there is more crust formed than if baked in a loaf pan.)
3. Top with ½ cup (75 mL) Pepper Jelly Glaze. Cook in 350°F (180°C) oven for 55 to 70 minutes until digital rapid-read thermometer inserted into centre of loaf reads 160°F (71°C). Using foil, lift meat loaf from pan, draining off any fat; tent with foil and let stand 10 minutes. Cut into slices and serve with remaining Pepper Jelly Glaze and mashed potatoes.

If using a loaf pan to bake, using foil to lift meat loaf from pan, draining off any fat. Tent with foil for 10 minutes. Cut into slices and serve with remaining Pepper Jelly Glaze.



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The key to good meat loaf is one that is moist and tender. Follow the basic recipe in the step-by-step lessons to make our best meat loaf: Classic Meat Loaf with Pepper Jelly Glaze. Great meat loaf can be lean when made from lean or extra lean ground beef. Add finely shredded carrot and milk-soaked fresh bread crumbs to the meat loaf mix before cooking. These little secrets keep meat loaves moist and tender and also add a nutrient boost to the meal.

You can use an oven-safe meat thermometer instead of a rapid-read if you want – insert oven-safe thermometer into centre of meat loaf before cooking.

Pepper Jelly Glaze: Combine ½ cup hot or sweet pepper jelly, ¼ cup apple sauce (optional), 2 tbsp ketchup and 1 tbsp Worcestershire sauce in microwavable bowl. Microwave on high (100%) for 1 to 2 minutes or until bubbling, stirring once.

Good source of iron (21% DV), excellent source of zinc (61% DV), 6 mg sodium.

Nutrition Facts	
per serving	
Amount	
Calories	316
Protein	27 g
Fat	10 g
Carbohydrate	29 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/classic-meat-loaf/>