

Treasure Barrel

Garlic Parmesan Meatloaf Recipe

15 min Prep time	**1 h** Cook time	**1 h 15 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Meatloaf Base

- [ ] 2 lbs ground beef (80/20 blend)
- [ ] 1 cup breadcrumbs
- [ ] 1 cup freshly grated parmesan cheese
- [ ] 2 large eggs
- [ ] 1/2 cup milk
- [ ] 1 small onion, finely chopped
- [ ] 4 cloves garlic, minced

Seasonings & Sauce

- [ ] 2 tbsp Worcestershire sauce
- [ ] 1 tbsp ketchup
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp dried oregano
- [ ] 1/4 cup chopped fresh parsley

Topping

- [ ] 1/4 cup ketchup
- [ ] 2 tbsp brown sugar
- [ ] 1/4 cup additional parmesan for topping

Instructions

1. Preheat your oven to 375°F. In a large bowl, combine the breadcrumbs and milk, letting them soak for about 5 minutes until the bread softens.
2. Add the ground beef, eggs, parmesan, onion, garlic, Worcestershire sauce, ketchup, and all seasonings. Mix gently with your hands - don't overwork it, just until everything is combined.
3. Transfer the mixture to a loaf pan, shaping it evenly. Mix the topping ingredients and spread over the top, then sprinkle with the extra parmesan.
4. Bake for 55-65 minutes, or until the internal temperature reaches 160°F. The top should be golden brown and the edges slightly bubbly.
5. Let it rest for 10 minutes before slicing. This waiting time is crucial - it lets the juices settle so you get perfect, non-crumbly slices.
6. Serve warm with your favorite sides. The aromas will have everyone gathered around the table before you even call them.

Nutrition per serving

385 kcal	32 g	15 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the meatloaf rest - it makes slicing so much easier
- Freshly grated parmesan melts better than pre-shredded
- Don't skip the milk soak for the breadcrumbs - it keeps everything moist
- Leftovers make amazing sandwiches the next day