

Ina Garten's Meat Loaf

Author: Ina Garten, Food Network

Source: <http://www.foodnetwork.com/recipes/ina-garten/meat-loaf-recipe/index.html>



- 1 tablespoon olive oil
- 3 cups yellow onions (3 onions) chopped
- 1 teaspoon fresh thyme leaves, chopped
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons Worcestershire sauce
- 1/3 cup chicken stock
- 1 tablespoon tomato paste
- 2 1/2 pounds ground chuck (81 percent lean)
- 1/2 cup bread crumbs (recommended: Progresso) unflavored
- 2 extra large eggs, beaten
- 1/2 cup ketchup (recommended: Heinz)

Per Serving (excluding unknown items): 645 Calories; 44g Fat (62.3% calories from fat); 39g Protein; 21g Carbohydrate; 2g Dietary Fiber; 225mg Cholesterol; 1313mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

1. Preheat the oven to 325°.

2. Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.

3. In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meat loaf will be dense. Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper. Spread the ketchup evenly on top. Bake for 1 to 1 1/4 hours, until the internal temperature is 160° and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.