



CS Meatloaf

Source: Bob and Robin Young *The Captain's Shack* 30 March 2022

Prep: 15 min

Cook: 1 hr, 15 min

Total: 1 hr 30 min

PDF: CS-Meatloaf.pdf

Ingredients:

1½ pounds Ground Beef, 85%

1 lg Egg, beaten

1 med Red Onion, chopped

½ c whole Milk

1 c dried and unflavored Bread Crumbs

1½ T Herb de Provence (<http://www.rockinrs.com/CS-Herbs.pdf>)

2 T Worcestershire Sauce

2 T ground Garlic

Sea Salt and fresh ground Black Pepper, to taste

2 T Brown Sugar

2 T Prepared Mustard

⅓ c Ketchup

Directions:

Preheat oven to 350° F (175° C)

In a large bowl, combine the beef, egg, onion, milk, bread, Herb de Provence, Worcestershire sauce and garlic. Season with salt and pepper to taste and place in a lightly buttered 9x13-inch baking dish.

In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

Bake at 350° F (175° C) for 1 hour and 15 minutes