

Season All Meat Loaf

This recipe is for two people, it can easily be doubled. Preheat oven to 350°

1 pound of ground beef
1 egg
¼ cup plain Panko
Milk to soak Panko, enough to cover it
¼ cup of grated fresh onion
½ teaspoon mustard
¼ cup of catsup
½ teaspoon Worcestershire Sauce
1 teaspoon of Season All

Soak Panko crumbs in milk until the milk is absorbed (about 5 minutes).

Grate onion

Add all ingredients to a medium bowl and mix very well with your hand for best texture (mixers tend to make the meat too fine).

Place meat mixture in a 7³/₈ x 3³/₈ x 2 ¼ loaf pan – if using very lean ground beef use a little olive oil to lube the pan before putting meat mixture in.

Bake at 350° for 1 hour, remove from oven and let rest for at least 5 minutes before cutting to retain moisture, 10 minutes if you can wait that long.

Options:

- Add potatoes to the oven with meatloaf to have everything done at the same time
- Spread a couple tablespoons of Catsup over the top of meatloaf about half way through cooking.
- Clean bell pepper and cut in half, place halves at each end of pan then add meatloaf mixture then bake as usual.
- Grate your favorite cheese over top of meatloaf during last 5 minutes of baking
- Use meat loaf mixture to make hamburgers