

Name _____

Marvelous Meatloaf Delight

Ingredients:

1 1/2 pounds ground beef (or a mix of ground beef and pork)

1 cup breadcrumbs

1/2 cup milk

1/2 cup diced onions

1/2 cup diced bell peppers (any color)

1/2 cup diced celery

2 cloves garlic, minced

2 large eggs

1/4 cup ketchup

2 tablespoons Worcestershire sauce

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon dried thyme

1/2 teaspoon dried oregano

Cooking spray

Equipment:

Large mixing bowl

Wooden spoon or spatula

Baking dish

Aluminum foil



Step-by-Step Directions:

1. Preheat the Oven

Preheat your oven to 350°F (175°C).

2. Prepare the Meatloaf Mixture

In a large mixing bowl, combine the ground beef, breadcrumbs, milk, diced onions, diced bell peppers, diced celery, minced garlic, eggs, ketchup, Worcestershire sauce, salt, black pepper, dried thyme, and dried oregano.

3. Mix It All Together

Use a wooden spoon or spatula to thoroughly mix all the ingredients until well combined. Make sure the mixture is evenly mixed, but avoid overmixing to keep the meatloaf tender.

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4. Shape the Meatloaf

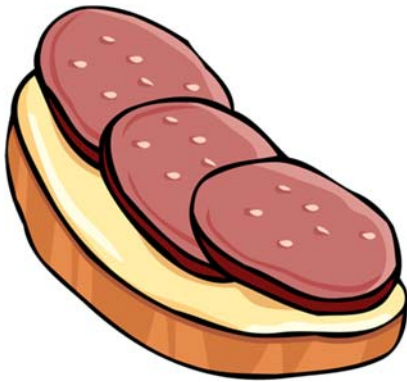
Transfer the meatloaf mixture to a baking dish and shape it into a loaf shape. You can use your hands to mold it.

5. Top with Ketchup (Optional)

If you like a tangy topping, you can spread an additional layer of ketchup on top of the meatloaf.

6. Cover with Foil

Cover the baking dish with aluminum foil to keep the meatloaf moist during baking.



7. Bake Your Marvelous Meatloaf

Place the covered baking dish in the preheated oven and bake for 1 hour.

8. Uncover and Bake Again

After 1 hour, remove the aluminum foil and bake for an additional 15-20 minutes, or until the meatloaf is cooked through and the top is nicely browned.

9. Rest and Serve

Let the meatloaf rest for about 10 minutes before slicing and serving. This allows the juices to redistribute and makes it easier to slice.

Cooking Time and Temperature:

- Cooking time: Approximately 1 hour and 15-20 minutes.
- Cooking temperature: 350°F (175°C).