

Valentine's Meatloaf

Make a savory meatloaf topped with a traditional glaze, shaped into a heart to share with those you love.

Active Kitchen Time: 15-20 minutes

Yield: 4-6 servings

Bake Time: 55 minutes

Ingredient List

- ½ onion
- small bunch fresh parsley
- 1 ½ lbs ground beef
- 1 cup breadcrumbs
- ½ tsp garlic powder
- 1 Tbsp Worcestershire sauce
- 1 tsp kosher salt
- ¼ tsp ground black pepper
- ½ cup ketchup
- 2 Tbsp brown sugar
- ½ cup milk
- 1 egg

Supper Smarts



Flavor Town: Instead of ketchup, try BBQ sauce and bacon crumbles on top, or marinara sauce with dried oregano and thyme.



Super Swaps: Use ground pork or turkey instead of beef – there's enough flavor in other ingredients that the choice of meat here doesn't affect final taste much.



Mix it Up: Add nutrition by mixing in finely chopped or grated carrot, bell pepper, or celery.



Serving Suggestions: Serve with sauteed zucchini, glazed carrots, or garlicky green beans.

Dietary Modifications



Gluten-Free: Use gluten-free breadcrumbs, such as Kroger, Simply Balanced, or Schar.



Dairy-Free: Use dairy-free milk, such as almond, cashew, soy, or pea protein.



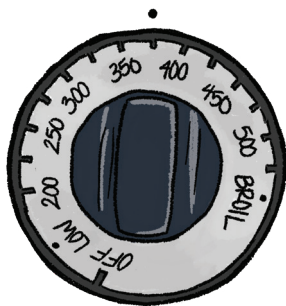
Egg-Free: Use 1 flax egg (1 Tbsp flaxseed meal mixed with 3 Tbsp water).



Vegan: Make a [Vegan Lentil Loaf!](#)

Valentine's Meatloaf

1



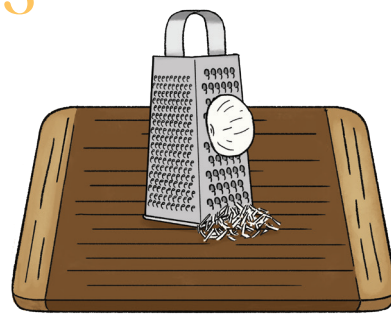
Preheat oven to 375°F. Line baking sheet with foil.

2



Crack 1 egg in large bowl. Throw away shells and wash your hands. Whisk until smooth.

3



Peel ½ onion. Cut away ends, then carefully grate on large holes of box grater. Add to egg.

4



Finely mince 1 small bunch parsley. Measure 2 Tbsp and add to egg mixture.

5



Add 1 cup breadcrumbs, ½ tsp garlic powder, and 1 Tbsp Worcestershire to egg mixture.

6



Add ½ cup milk, 1 tsp kosher salt, ¼ tsp ground black pepper, and ¼ cup ketchup to egg mixture. Stir until combined.

7



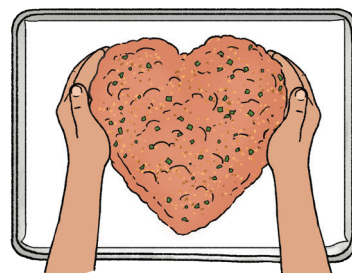
Add 1 ½ lbs ground beef to egg mixture.

8



Use your hands to mix until very well combined. For best texture, do not undermix.

9



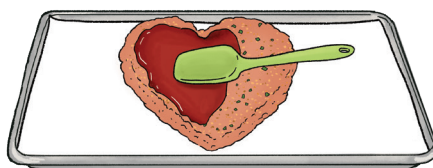
Add meat mixture to baking sheet. Use hands to pat and shape into a large heart. Wash hands thoroughly.

10



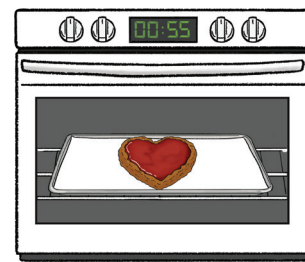
Stir 2 Tbsp brown sugar and ¼ cup ketchup in small bowl.

11



Spread ketchup mixture evenly on top of meatloaf.

12



Bake meatloaf 55 min. Cool 15 min. Slice to serve. TASTE & SHARE!