



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Prized Family Meat Loaf

- 1 1/4 Cups ketchup
- 1/4 Cup Worcestershire sauce
- 1/4 Cup light brown sugar
- 4 Tsp low-sodium soy sauce
- 2 Cups fresh bread, torn into small pieces
- 1/2 Cup whole milk
- 1 Cup (about 1 large) minced onion
- 2/3 Cup (about 2 ribs) minced celery
- 1 Tbsp (about 2 cloves) minced garlic
- 1/4 Cup parsley, minced
- 1 Tbsp dry mustard
- 2 Tsp fresh thyme
- 3 Large eggs
- 2 Tsp kosher salt
- 1 Tsp coarse-ground black pepper
- 1 1/2 Pounds ground beef
- 1 Pounds ground pork
- 1/2 Pounds ground veal
- 1 Medium onion, sliced into rings
- 8 Sprigs thyme
- 6 Slices bacon

Make the ketchup glaze: Combine the ketchup, Worcestershire sauce, brown sugar, and soy sauce in a medium bowl and stir until combined. Set aside.

Make the meat loaf: Preheat oven to 400 degrees F. Combine the bread and the milk in a small bowl and let sit 5 minutes. Combine the minced onion, celery, garlic, parsley, mustard, thyme, eggs, salt, and pepper in a large bowl. Add the bread, meat, and 1/3 cup of the ketchup glaze and toss gently with your hands. Be careful not to over mix -- it should be soft but hold its shape.

Bake the meat loaf: Line a baking sheet with parchment paper. Transfer the meat mixture to the prepared pan, form into a 16- by 5-inch loaf, and coat with 1/3 cup of the ketchup glaze. Combine the onion rings with 2 tablespoons of ketchup glaze in a small bowl. Spread the coated onions over the top of the meat loaf. Place the thyme sprigs over the onions and twist the bacon slices in diagonals over the thyme. Place on center rack of oven and bake for 15 minutes. Reduce oven temperature to 350 degrees F and bake until an internal temperature of 160degrees F is reached -- about 50 more minutes. Remove from oven and allow to rest 15 minutes before serving. Serve with remaining ketchup glaze.