

❖ HAPPY MOM LIFE LAB ❖

Classic Meatloaf with Sweet Chipotle Glaze



Prep time: 15 minutes, 1 hour to cook

Serves: 6-8 people

Pairs well with: roasted or mashed potatoes, green beans and/or roasted root vegetables

Meatloaf Ingredients:

- 1 ½ lbs. ground beef
- 1 ¼ Cup diced yellow onion
- 2 garlic cloves, minced
- 2 Tbsp. ketchup
- 1 Tbsp. yellow mustard
- 1 tsp. Worcestershire sauce
- 1 ½ tsp. kosher salt
- ½ tsp. paprika
- ½ tsp. dried parsley
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ½ tsp. ground black pepper
- 2 eggs
- ½ Cup Panko crumbs
- ½ Cup whole milk

Sweet Chipotle Glaze:

- ½ Cup ketchup
- 1 Tbsp. brown sugar
- ½ tsp. ground chipotle powder



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Classic Meatloaf with Sweet Chipotle Glaze Continued



Method:

1. Preheat oven to 375 degrees and line a baking sheet with parchment paper.
2. In a small bowl mix together the milk and the Panko crumbs, set aside.
3. In a large mixing bowl add all of the meatloaf ingredients (not including the glaze ingredients) and mix all together with your hands or mix gently using a standing mixer with a paddle attachment. Finally, add in your panko crumbs/milk mixture, and mix until all is incorporated.
4. Lift your meatloaf out of the pan and free form a loaf on your parchment lined baking sheet.
5. Place in your preheated oven and bake for 45 minutes.
6. Meanwhile, make your sweet chipotle glaze by mixing together the ketchup, brown sugar, and chipotle powder in a small bowl.
7. After your meatloaf has cooked for 45 minutes, top your meatloaf with the sweet chipotle glaze and return to the oven and cook for 15 minutes more, or until the meat is fully cooked through and internal temperature has reach 155-160 degrees.
8. Remove from oven and let rest for 10 minutes before serving.

Notes:

- This recipe can easily be doubled, however, rather than making one huge loaf, divide it into two loaves to save on cooking time.
- Need it dairy free? The whole milk can be swapped out for chicken or beef broth and taste just as good.
- Panko crumbs can easily be substituted with crushed up saltines, breadcrumbs, or crushed potato chips. If you need it Gluten free, substitute the Panko crumbs with almond flour or crushed up Chex cereal.
- Chipotle powder is that spice you never knew you needed in your life! It is super versatile and gives a warm, smoky heat to your dishes. It can be found at most grocery stores in the Hispanic food aisle.
- If you don't have chipotle powder, you can substitute with $\frac{1}{4}$ tsp smoked paprika and $\frac{1}{4}$ tsp. cayenne or sriracha sauce.

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