

## Meatloaf

### Ingredients:

- 2 lbs ground beef
- 1 medium onion, finely chopped
- 2 large eggs
- $\frac{3}{4}$  cup Panko breadcrumbs
- $\frac{1}{3}$  cup milk
- 2 Tbsp Pizza Spice Mix

### Sauce Ingredients:

- $\frac{3}{4}$  cup ketchup
- 1  $\frac{1}{2}$  tsp white vinegar
- 3 Tbsp brown sugar

### Instructions:

- 1) Line a 9"x5" loaf pan with parchment paper and preheat oven to 375°F.
- 2) In a large bowl, add all the ingredients for the meatloaf. Mix well to combine.
- 3) Add meat to the loaf pan, gently press meat down and shape evenly and bake meatloaf uncovered at 375°F for 40 minutes. If there is too much fat, spoon out.
- 4) In a small bowl, mix all the ingredients together for the sauce. Spread the sauce over meatloaf then return to oven and bake additional 15-20 minutes or until the internal temperature is 160°F.