

## This Brown Sugar Meatloaf Is the Sweet and Savory Classic You'll Want on Weekly Rotation

Why This Meatloaf Always Delivers



**OVEN**  
**375°F**

**TIME**  
**50 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

You'll Need

For the Meatloaf: 1 lb ground beef 1 small onion, finely chopped 2 cloves garlic, minced 1 cup breadcrumbs ... cup milk 1 large egg 1 tablespoon Worcestershire sauce ½ teaspoon salt ... teaspoon black pepper:

For the Brown Sugar Glaze: ½ cup brown sugar ½ cup ketchup 1 tablespoon mustard (optional, for a little tang) How I Make This Brown Sugar Meatloaf (:

### DIRECTIONS

1. Step-by-: Step)
2. Prep the : Oven and Pan
3. I preheat my oven to
4. 375°F (190°C)
5. and lightly grease a loaf pan-or line it with parchment paper for easier cleanup. You can also form the loaf on a foil-lined baking sheet if you prefer crispy edges.
6. Mix the : Meatloaf
7. In a large mixing bowl, I combine the ground beef, onion, garlic, breadcrumbs, milk, egg, Worcestershire sauce, salt, and pepper. I mix just until everything is combined-being careful not to overwork the meat, which can make the loaf dense.
8. Pro tip: Use clean hands or a fork to gently fold the ingredients together for the best texture.
9. Shape and : Transfer
10. I press the meat mixture into the prepared pan, shaping it into a smooth loaf. If you're using a baking sheet, just free-form it into an even rectangle.
11. Make the : Glaze
12. In a small bowl, I stir together the brown sugar, ketchup, and mustard. The brown sugar adds sweetness, the ketchup brings tang and depth, and the mustard (if using) gives it a little bite. I spread the glaze generously over the top of the loaf, letting it drip slightly down the sides.
13. Bake : It Up
14. I bake the meatloaf for

15. 45-50 minutes
16. , or until a meat thermometer inserted in the center reads
17. 160°F (71°C)
18. . The glaze should be bubbling and slightly caramelized.
19. Rest and : Slice
20. Once baked, I let the meatloaf rest for
21. 10 minutes
22. before slicing. This helps the juices redistribute and keeps every slice moist.
23. How I : Like to Serve It
24. This : Brown Sugar Meatloaf is ultra-versatile. I love pairing it with:
25. Classic mashed potatoes

## SWAPS & NOTES

-savory, juicy, just a little sweet, and incredibly satisfying.

It's one of those recipes that feels familiar, but the glaze adds a twist that keeps it from feeling ordinary.

### More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/this-brown-sugar-meatloaf-is-the-sweet-and-savory-classic-youll-want-on-weekly-rotation/>

And whether it's the first time or the fiftieth, it never gets old.

So preheat that oven, grab a fork, and dig into a slice of classic home-cooked goodness.