

Feel-Better Meatloaf: Classic Comfort with a Cast Iron Twist

This Feel-Better Meatloaf Is Pure Weeknight Healing in Every Bite



OVEN
350°F

TIME
10 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

For the Meatloaf:

2 lbs ground beef (80/20 or 85/15)

1 1/2 cups old-fashioned oats

1 cup ketchup

2 eggs

1 medium onion, finely chopped

2 teaspoons salt

1 teaspoon black pepper

2 tablespoons Worcestershire sauce

Optional add-ins: 2 cloves garlic (minced), 1/2 cup chopped tomatoes, fresh herbs

For the Topping:

1/3 cup ketchup

2 tablespoons brown sugar

DIRECTIONS

- 1. Prep the Oven & Skillet:** Preheat oven to 350°F (175°C). Place a 10-inch cast iron skillet in the oven to preheat. This helps create a beautiful crust. If you're using a bread pan, skip this step.
- 2. Mix the Meatloaf:** In a large bowl, whisk the eggs. Add in the onion, salt, pepper, ketchup, and Worcestershire sauce, stirring until combined. Add the ground beef and oats, and mix everything together with your hands or a wooden spoon until well incorporated.
- 3. Optional:** Fold in garlic or chopped tomatoes at this step.
- 4. Shape and Bake:** Remove the hot cast iron skillet from the oven. Spray or brush lightly with olive oil. Press the meatloaf mixture into the skillet evenly. Bake for 1 hour on the center rack.
- 5. Glaze & Finish Baking:** Remove from oven and spread the ketchup and brown sugar topping over the meatloaf. Return to the oven and bake for 25 more minutes, or until internal temp hits 160°F.
- 6. Rest & Serve:** Let the meatloaf rest for 10 minutes before slicing. This helps it hold its shape and stay juicy.

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

Original recipe: <https://chefmaniac.com/feel-better-meatloaf-classic-comfort-with-a-cast-iron-twist/>