

## Old Fashioned Momma's Meatloaf: The Ultimate Comfort Food Classic

The Best Old Fashioned Momma's Meatloaf



**OVEN**  
**350°F**

**TIME**  
**15 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

Ground Beef: 1 pound (I recommend 80/20 or 85/15 for the best flavor/fat balance).

Milk: 3/4 cup (helps hydrate the bread and keep the meat moist).

Egg: 1 large (acts as the binder).

Bread: 3 slices, torn into small pieces (traditional white or sourdough works best).

Worcestershire Sauce: 1 tablespoon (adds that essential savory "umami" depth).

Onion Powder or Fresh Onion: 1/2 tablespoon powder or 1/2 cup finely chopped.

Salt & Black Pepper: 1/2 teaspoon salt and 1/4 teaspoon pepper.

Dry Ground Mustard: 1/2 teaspoon (the secret ingredient for a subtle tang).

Hot Sauce: 1/4 teaspoon (optional, but highly recommended for a tiny kick).

Garlic Powder: 1/8 teaspoon.

Ketchup: 1/2 cup (for that classic, sweet-and-tangy glaze).

Swaps and Notes:

The Meat: While ground beef is traditional, you can use a "meatloaf mix" (beef, pork, and veal) for even more flavor.

Gluten-Free: Swap the bread slices for gluten-free bread or 3/4 cup of certified gluten-free oats.

The Glaze: If you prefer a less sweet topping, mix the ketchup with a teaspoon of apple cider vinegar

and a pinch of brown sugar.

**The Onion:** If using fresh onion, make sure it is very finely chopped so it cooks through at the same rate as the meat.

**Step-by-Step Instructions:**

**Preheat and Prep:** Start by setting your oven to 350°F (175°C). While the oven heats up, gather your ingredients. Having everything measured out makes the mixing process much smoother.

**Combine the Base:** In a large mixing bowl, whisk together the milk, egg, Worcestershire sauce, and spices. Add the torn bread pieces and let them sit for a minute to absorb the liquid.

**Mix the Meat:** Add the ground beef (and fresh onions if using) to the bowl. Using your hands is the best way to ensure everything is well combined without overworking the meat. **Pro Tip:** Over-mixing can lead to a tough, dense meatloaf, so mix just until the ingredients are incorporated.

**Shape the Loaf:** You have two options here. You can press the mixture into an ungreased loaf pan for a uniform shape. Alternatively, for a more "rustic" look and to allow excess fat to drain away, shape it into a loaf on a parchment-lined sheet pan.

**Add the Glaze:** Spread a thin, even layer of ketchup over the top of the meatloaf. This will caramelize in the oven and create a delicious crust.

**Bake:** Place in the preheated oven and bake for 1 hour to 1 hour and 15 minutes.

**Check for Doneness:** The internal temperature should reach 160°F (70°C) when measured with a meat thermometer.

**Rest and Serve:** This is the most important step! Let the meatloaf rest for 5 minutes after removing it from the oven. This allows the juices to redistribute so your slices stay intact.

**Tips for Success:**

**Don't Over-compress:** When putting the meat into the loaf pan, press gently. If you pack it too tightly, it becomes heavy.

**The Bread Trick:** Tearing the bread into very small pieces ensures you don't have large "breadly" chunks in the middle of a slice.

**Temperature Matters:** Always use a meat thermometer. Taking it out at exactly 160°F ensures it stays juicy.

**Serving Suggestions and Pairings:**

**Nutritional Information (Per Serving):**

Calories: 245 kcal

Protein: 18g

Fat: 12g

Carbohydrates: 16g

## DIRECTIONS

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11. **Temperature : Matters:** Always use a meat thermometer. Taking it out at exactly 160°F ensures it stays juicy.
12. **Serving Suggestions and Pairings:** Meatloaf is the ultimate partner for mashed potatoes and green beans. If you're hosting a larger gathering and want a variety of textures, consider starting the meal with this Crockpot Nacho Dip for an appetizer.
13. **For a true "Momma's Kitchen" experience,** follow up the savory main course with a classic dessert like this Big Family Banana Pudding.
14. **Nutritional Information (Per Serving):** Estimate based on 6 servings:
15. **Calories:** 245 kcal
16. **Protein:** 18g
17. **Fat:** 12g
18. **Carbohydrates:** 16g
19. **Sodium:** 580mg
20. **Storage and Leftover Tips: Fridge:** Store leftover slices in an airtight container for up to 3-4 days.
21. **Freezer:** You can freeze cooked meatloaf for up to 3 months. Thaw in the fridge overnight before reheating.
22. **The "Next Day" Sandwich:** My favorite way to eat leftovers is cold on white bread with an extra smear of ketchup or mayo!
23. **More Recipes You Will Love:** If you enjoyed this cozy dinner, you have to try these other family favorites from the ChefManiac kitchen:
24. **Cozy and : Crowded-Pleasing** Chicken Enchiladas
25. **Quick and : Savory Instant Pot** Lasagna

## SWAPS & NOTES

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## TIPS FOR SUCCESS

**Don't Over-compress:** When putting the meat into the loaf pan, press gently.

If you pack it too tightly, it becomes heavy.

**The Bread Trick:** Tearing the bread into very small pieces ensures you don't have large "bready" chunks in the middle of a slice.

**Temperature Matters:** Always use a meat thermometer.

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

Original recipe: <https://chefmaniac.com/old-fashioned-mommas-meatloaf-the-ultimate-comfort-food-classic/>