

The Ultimate "Makes You Feel Better" Meatloaf: A Cast Iron Comfort Classic

"Makes You Feel Better" Meatloaf



OVEN
350°F

TIME
25 min

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

The Meatloaf Base:

2 lbs. Ground Beef: I recommend an 80/20 or 85/15 blend. You want a little fat for flavor and moisture!

1 1/2 cups Old Fashioned Oats: These act as the perfect binder.

1 cup Ketchup: Adds sweetness and acidity to the mix.

2 Eggs: Whisked to help hold everything together.

1 Medium Onion: Finely chopped.

2 teaspoons Salt & 1 teaspoon Black Pepper: Essential seasoning.

2 tablespoons Worcestershire Sauce: For a deep, umami punch.

Optional: 2 cloves of fresh minced garlic and 1/2 cup chopped tomatoes (my personal favorite additions).

The Signature Topping:

1/3 cup Ketchup

2 tablespoons Brown Sugar

DIRECTIONS

1. **Prep the : Oven and Skillet:** Preheat your oven to 350°F. Place your 10-inch cast iron skillet inside while it preheats. This is the secret to a great crust!
2. **Whisk the : Aromatics:** In a large mixing bowl, whisk the two eggs. Stir in the finely chopped onion, salt, pepper, 1 cup of ketchup, and the Worcestershire sauce until well combined.
3. **Mix:** Add the ground beef and the old-fashioned oats. (If you're adding my suggested garlic and tomatoes, throw them in now!). Use a wooden spoon or, better yet, your hands to mix until just combined. Don't overwork the meat, or it can become tough.
4. **The : Sizzle:** Carefully remove the hot skillet from the oven. Spray it lightly with Virgin olive oil.
5. **Shape and : Bake:** Dump the meat mixture into the hot skillet and press gently to shape. Bake for 1 hour.
6. **Glaze:** While it bakes, whisk together the 1/3 cup ketchup and brown sugar. After the hour is up, spread the glaze over the top and bake for an additional 25 minutes.
7. **Rest:** Let the meatloaf rest for 5-10 minutes before slicing to ensure the juices stay inside the meat.

SWAPS & NOTES

The Meat: While ground beef is classic, you can use a mix of beef and ground pork for even more depth.

The Binder: If you are out of oats, crushed crackers work in a pinch, though the texture will be slightly different.

The Rest: Don't skip the "fridge time" if you can help it.

Letting the mixture sit for a few hours allows the oats to hydrate and the seasonings to penetrate the meat thoroughly.

TIPS FOR SUCCESS

Don't Over-compress: *When pressing the meat into the skillet, do it gently.*

If you pack it too tightly, the meatloaf will be dense rather than tender.

Internal Temp: For a perfectly cooked loaf, look for an internal temperature of 160°F.

Drain the Fat: If you use a higher fat percentage beef, you may want to carefully spoon out some of the rendered fat from the skillet before adding the topping.

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

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