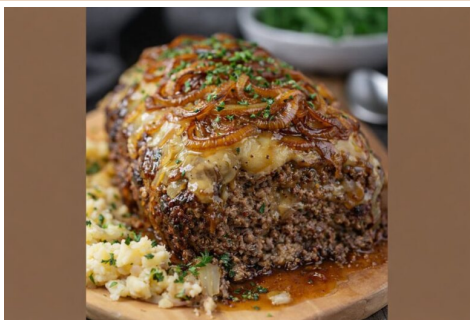


## Upgrade Your Dinner: French Onion Soup Inspired Meatloaf with Homemade Gravy

The Ultimate French Onion Meatloaf: A Comfort Food Masterpiece



**OVEN**  
**375°F**

**TIME**  
**25 min**

**TEMP**  
**160°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

2 lb Ground Beef: I recommend an 80/20 blend for the best flavor and moisture.

1 cup Breadcrumbs: Plain or Italian seasoned both work well.

2 Large Eggs: To bind everything together.

1/2 cup Whole Milk: Keeps the meatloaf tender.

1 Packet Onion Soup Mix: The secret shortcut for deep, savory flavor.

2 Cloves Garlic: Freshly minced.

1 tbsp Worcestershire Sauce: For that essential tang.

Black Pepper and Salt: To taste.

2 Large Yellow Onions: Thinly sliced for caramelizing.

2 tbsp Butter & 1 tbsp Olive Oil: For sautéing.

1 1/2 - 2 cups Shredded Cheese: Swiss, Gruyère, or Provolone are the best melters here.

1 cup Beef Broth: The base for our silky gravy.

1 tbsp Cornstarch: Mixed with water to create a slurry for thickening.

Swaps and Notes:

**The Meat:** If you want a leaner version, you can use ground turkey, though you may want to add an extra tablespoon of Worcestershire sauce to maintain the depth of flavor.

**The Cheese:** While Gruyère is the traditional choice for anything "French Onion," a sharp Provolone or even a White Cheddar can stand in if

you're in a pinch.

Gluten-Free: Simply swap the breadcrumbs for a gluten-free variety or crushed pork rinds.

Step-by-Step Instructions:

1. Caramelize the Onions:
2. Mix and Shape:
3. The First Bake:
4. The Cheesy Finish:
5. Whip Up the Gravy:

Tips for Success:

Let it Rest: Just like a steak, meatloaf needs to rest for at least 10 minutes before slicing. This allows the juices to redistribute so your slices stay intact.

Don't Drain Too Early: While it might be tempting to drain the fat mid-bake, keeping it in the pan helps keep the loaf moist.

Use a Thermometer: To ensure the perfect texture without overcooking, use an instant-read meat thermometer to hit exactly 160°F.

Serving Suggestions and Pairings:

Creamy mashed potatoes or a side of Mexican Chicken and Rice Casserole if you're hosting a massive potluck.

Roasted green beans or a crisp green salad.

If you're looking for a fun appetizer to start the meal, try this Crockpot Nacho Dip-it's always a hit with my family.

Nutritional Information (Per Serving):

Calories: 420 kcal

Protein: 32g

Fat: 26g

## DIRECTIONS

1. **Caramelize the Onions:** The foundation of this dish is the onions. Melt your butter and oil in a large skillet over medium heat. Add the sliced onions and a pinch of salt. Cook them slowly for about 20-25 minutes. You want them to be a deep mahogany color. Pro Tip: Don't rush this! Low and slow is the key to unlocking that sweetness. Reserve about a 1/2 cup of these for your gravy later.
2. **Mix and Shape:** Preheat your oven to 375°F. In a large bowl, whisk together your wet ingredients: eggs, milk, Worcestershire, and the onion soup mix. Fold in the breadcrumbs and ground beef. Mix with your hands until just combined-overworking the meat can lead to a tough loaf. Shape it into a loaf on a lined baking sheet.
3. **The First Bake:** Slide the meatloaf into the oven and bake uncovered for 45 minutes. This allows the exterior to develop a nice crust while the inside stays juicy.
4. **The Cheesy Finish:** Remove the meatloaf and spread your golden caramelized onions across the top. Smother the onions with your shredded cheese. Put it back in the oven for another 15-20 minutes. You're looking for an internal temperature of 160°F and cheese that is golden and bubbling.
5. **Whip Up the Gravy:** While the cheese melts, take your reserved onions and beef broth and bring them to a simmer in a small saucepan. Whisk in your cornstarch slurry and let it bubble until thickened. This gravy is what takes this dish from "good" to "restaurant-quality."
6. **Tips for Success:** Let it Rest: Just like a steak, meatloaf needs to rest for at least 10 minutes before

slicing. This allows the juices to redistribute so your slices stay intact.

7. Don't : Drain Too Early: While it might be tempting to drain the fat mid-bake, keeping it in the pan helps keep the loaf moist.
8. Use a : Thermometer: To ensure the perfect texture without overcooking, use an instant-read meat thermometer to hit exactly 160°F.
9. Serving Suggestions and Pairings: This meatloaf is incredibly rich, so it pairs beautifully with side dishes that can soak up that extra gravy. I love serving this alongside:
10. Creamy mashed potatoes or a side of : Mexican Chicken and Rice Casserole if you're hosting a massive potluck.
11. Roasted green beans or a crisp green salad.
12. If you're looking for a fun appetizer to start the meal, try this Crockpot Nacho Dip-it's always a hit with my family.
13. Nutritional Information (Per Serving): Calories: 420 kcal
14. Protein: 32g
15. Fat: 26g
16. Carbohydrates: 14g
17. Sodium: 850mg
18. Storage and Leftover Tips: One of the best things about meatloaf is that it tastes even better the next day.
19. Fridge: Store in an airtight container for up to 3 days.
20. Freezer: You can freeze the cooked meatloaf for up to 2 months. Thaw overnight in the fridge before reheating.
21. The : Leftover Sandwich: Slice the cold meatloaf and sear it in a pan for a minute on each side. Put it on toasted sourdough for the ultimate lunch!
22. More Recipes You Will Love: If you enjoyed this cozy, comforting dinner, you have to check out these other favorites from the kitchen:
23. For another classic comfort dish made easy, try this Instant Pot Lasagna.
24. Need a big dessert to finish the night? You can't go wrong with this Big Family Banana Pudding.
25. Final Thoughts: This French Onion Meatloaf is a testament to how a few simple ingredients-onions, beef, and cheese-can create something truly sophisticated. It's become a Sunday night staple in my house, and I hope it finds a place on your table too!

## SWAPS & NOTES

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**The Cheese:** While Gruyère is the traditional choice for anything "French Onion," a sharp Provolone or even a White Cheddar can stand in if you're in a pinch.

**Gluten-Free:** Simply swap the breadcrumbs for a gluten-free variety or crushed pork rinds.

**Caramelize the Onions** The foundation of this dish is the onions.

## TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/upgrade-your-dinner-french-onion-soup-inspired-meatloaf-with-homemade-gravy/>