

Southern Meatloaf with Creamy Onion Gravy

Tender ground beef meatloaf served with a homemade creamy onion gravy made with softened sliced onions, broth, butter, flour, and cream.



PREP

20 minutes

COOK

1 hour

TOTAL

1 hour 30 minutes

SERVES

6 servings

INGREDIENTS

- 1 1/2 pounds ground beef, preferably about 85% lean
- 1 cup plain dry breadcrumbs
- 1 small onion, very finely chopped, for the meatloaf
- 1/2 cup milk
- 1 large egg
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt, or a little less if the breadcrumbs are salted
- 1/2 teaspoon black pepper, plus more to taste for gravy
- 1/2 teaspoon garlic powder
- 1 medium onion, thinly sliced, for the gravy
- 1 cup low-sodium beef broth
- 1 cup heavy cream
- 2 tablespoons all-purpose flour
- 2 tablespoons unsalted butter
- A little oil or cooking spray, for greasing the pan
- Additional salt for the gravy, only if needed

DIRECTIONS

1. Prepare the pan and breadcrumb mixture: Heat the oven to 350 degrees F. Lightly grease a 9-by-5-inch loaf pan and place it on a rimmed baking sheet. In a large bowl, stir the breadcrumbs and milk together and let stand for about 5 minutes to soften.
2. Mix the loaf gently: Add the egg, Worcestershire sauce, salt, pepper, and garlic powder to the moistened breadcrumbs and mix well. Add the finely chopped small onion and ground beef. Fold together just until evenly combined, without kneading or tightly compressing the meat. Do not taste the raw mixture.
3. Bake until the center reaches temperature: Transfer to the prepared pan and gently shape into an even loaf. Bake for about 55 to 70 minutes, starting temperature checks around 50 to 55 minutes. The center must reach 160 degrees F on a food thermometer. Check the thickest central area without touching the pan. If the top darkens too much before the center is done, tent loosely with foil.
4. Soften the gravy onions: During the final 20 to 25 minutes of baking, melt the butter in a skillet over medium-low heat. Add the sliced medium onion and cook for 12 to 15 minutes, stirring, until soft and lightly golden. Lower the heat if the edges begin to scorch.
5. Make the creamy onion gravy: Sprinkle the flour over the onions and stir for 1 to 2 minutes. Gradually whisk in the beef broth, followed by the cream, until smooth around the onion pieces. Bring to a gentle simmer and cook for about 3 to 5 minutes, stirring, until the gravy lightly coats a spoon. Taste and add salt or pepper only as needed. If too thick, add a small splash of broth or milk.

6. Rest, slice, and serve: When the meatloaf reaches 160 degrees F, remove it from the oven and rest for 10 minutes. Carefully spoon off excess fat if needed, lift or slice the loaf, and serve with warm onion gravy. Keep extra gravy on the side.

SWAPS & NOTES

Timing is approximate and includes a 10-minute rest. Loaf shape, pan, and oven affect baking; allow longer than an hour if the center has not reached 160 degrees F.

The sliced medium onion is added for the gravy. The original small chopped onion remains in the meatloaf.

Make the gravy while the meatloaf bakes so its stovetop time overlaps rather than adding to the total.

Soak the breadcrumbs briefly in milk and mix the beef gently for a less dense loaf.

TIPS FOR SUCCESS

Finely chop the loaf onion so it softens more readily during baking.

Do not pack the mixture tightly into the pan.

Add broth to the flour-coated onions gradually to help prevent lumps.

Rest the cooked loaf before slicing so portions hold together better.

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

Original recipe: <https://chefmaniac.com/southern-meatloaf-with-creamy-onion-gravy/>