

Southern Baked Bean Meatloaf Squares

A tender beef and baked bean meatloaf baked in a square dish with a ketchup-barbecue glaze, then rested and cut into hearty portions.



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Ingredients:
- 1 lb ground beef
- 1 can (15 oz) baked beans
- undrained

PREP

15 minutes

COOK

55 minutes

TOTAL

1 hour 25 minutes

SERVES

6 servings

INGREDIENTS

- 1 pound ground beef
- 1 can (15 ounces) baked beans, undrained
- 3/4 cup plain dry breadcrumbs, plus up to 1/4 cup more only if needed
- 1/2 cup very finely chopped onion
- 1/4 cup ketchup, divided
- 1/4 cup barbecue sauce, divided
- 1 teaspoon garlic powder
- 1/4 to 1/2 teaspoon salt, optional; use less with salty beans or sauces
- 1/2 teaspoon black pepper
- 2 large eggs, lightly beaten
- Cooking spray or a little oil, for greasing the dish

DIRECTIONS

1. Prepare the oven and dish: Preheat the oven to 350 degrees F. Grease a 9-inch-square baking dish with sides deep enough for the mixture, roughly 2 to 2 1/2 quarts. Set it on a rimmed baking sheet to catch any drips.
2. Mix the binder and beans: In a large bowl, combine the breadcrumbs, finely chopped onion, eggs, 2 tablespoons ketchup, 2 tablespoons barbecue sauce, garlic powder, pepper, and a little optional salt. Fold in the undrained baked beans without crushing them completely. Let stand for about 5 minutes so the crumbs absorb some moisture.
3. Add the beef gently: Fold in the ground beef just until evenly combined. The mixture should be soft but mound on a spoon, rather than pour like batter. If it is unusually loose, add more breadcrumbs a tablespoon at a time, up to about 1 cup total, allowing a brief rest after each addition. Do not taste the raw mixture.
4. Shape and start baking: Spread evenly in the greased dish, smoothing gently without packing hard. Bake uncovered for about 30 minutes. Meanwhile, stir the remaining 2 tablespoons ketchup and 2 tablespoons barbecue sauce together for the glaze.
5. Glaze and finish: Carefully brush or spread the glaze over the top. Continue baking for about 15 to 30 minutes, until the center reaches 160 degrees F on a food thermometer. Start checking near 45 minutes total baking time and allow longer if needed. If the glaze darkens early, tent loosely with foil.
6. Rest and cut into squares: Let stand for about 15 minutes before cutting into 6 portions. Carefully spoon off excess pooled fat if needed. Use a wide

spatula to lift the squares; they will be tender and bean-studded rather than firm like bread bars.

SWAPS & NOTES

Timing is approximate and includes the 15-minute rest. Pan depth, beef temperature, and bean sauce consistency affect baking; use a thermometer.

A 9-inch-square dish gives thicker portions than a 9-by-13-inch dish. If using the larger dish, the layer will be much thinner; start checking around 30 to 35 minutes and adjust the glaze timing accordingly.

Keep the baked bean sauce, but allow the crumbs time to absorb moisture. Start with 3/4 cup breadcrumbs and add a little more only for an unusually loose mixture.

The ketchup and barbecue sauce are divided: half go into the mixture and half form the glaze. Do not add the full amounts inside and then double them again for topping.

TIPS FOR SUCCESS

Chop the onion very finely so it softens inside the meatloaf.

Fold rather than knead once the beef is added.

Add the glaze partway through baking to limit scorching.

Allow the full rest and support each portion with a wide spatula.

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

Original recipe: <https://chefmaniac.com/southern-baked-bean-meatloaf-squares/>