

Brown Sugar Meatloaf with Onion Glaze

Tender beef meatloaf with a sweet ketchup and softened onion glaze added late in baking.



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Ingredients:
1 1/2 lbs ground beef
1 cup breadcrumbs
1 small onion

PREP
20 minutes

COOK
1 hour 10 minutes

TOTAL
1 hour 40 minutes

SERVES
6 servings

INGREDIENTS

- 1 1/2 pounds ground beef
- 1 cup plain dry breadcrumbs
- 1 small onion, very finely chopped, for loaf
- 1/2 cup milk
- 2 large eggs
- 1/4 cup packed brown sugar, for loaf
- 1/4 cup ketchup, for loaf
- 1 teaspoon Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon salt and 1/2 teaspoon black pepper
- 1 more small onion, finely diced, for glaze
- 1 tablespoon olive oil, for glaze
- 1/4 cup additional ketchup, for glaze
- 2 tablespoons additional brown sugar, for glaze
- Butter or cooking spray, for the pan

DIRECTIONS

1. Heat oven to 350 degrees F. Grease a 9x5-inch loaf pan; set on a rimmed sheet. Soak breadcrumbs in milk 5 minutes.
2. Mix in eggs, first onion, loaf sugar and ketchup, Worcestershire, garlic powder, salt, and pepper. Gently fold in beef; shape loosely in pan.
3. Bake unglazed 40 minutes. Meanwhile, soften second onion in oil 8 to 12 minutes. Stir in glaze ketchup and sugar; cook 1 to 2 minutes.
4. Spread glaze on loaf. Bake 15 to 30 minutes more, until center reaches 160 degrees F (71 degrees C). Tent if glaze darkens early.
5. Rest 10 minutes. Slice carefully and serve, leaving excess pan fat behind.

SWAPS & NOTES

Totals: 2 onions, 1/2 cup ketchup, 6 tablespoons sugar. Divide as listed; glaze quantities are additional.

Includes resting. Glaze cooks during baking. Check doneness by thermometer.

Chill within 2 hours (1 hour above 90 degrees F) at 40 degrees F or below. Use within 3 days; reheat to 165 degrees F.

Freeze cooled slices airtight up to 2 months for quality. Thaw refrigerated. Ground poultry substitutions need 165 degrees F.

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

Original recipe: <https://chefmaniac.com/brown-sugar-meatloaf-with-onion-glaze/>