



What You Need for the Meatloaf

2 Pounds ground beef (70/30)
1 Cup your favorite bread crumbs (I use Italian you can find my recipe here)
2 Large eggs
¼ tsp. salt
¾ tsp. black pepper
Mixing Bowl
Loaf pan 13" x 4" X 4"
Parchment paper
Nonstick cooking spray
Baking sheet (optional) I use it to catch any spill over while cooking.
Foil

Before You Start! Preheat oven to 350. Line the meatloaf pan with parchment paper and spray inside bottom and sides with nonstick cooking spray. Remember to leave some parchment paper hanging over the sides. (smile)

Let's Make It!

In a bowl combine meat, crumbs, egg, salt and pepper. Mix well to combine (I use my clean hands). Press it into prepared loaf pan. Place loaf pan on a baking sheet and cook for 50-60 minutes. Test for "doneness" using a meat thermometer. It should be 160 °F or higher. Remove from oven and using the parchment paper, carefully lift it out of the loaf pan and set it aside for about 10-15 minutes. This allows for plenty of time to make the gravy. (smile)

What You Need for the Gravy

3 Cups beef broth
6 1/2 Tbsp. flour
4 Tbsp. butter
3/4 tsp. garlic powder
1/2 tsp. onion powder
Salt and pepper
1 tsp. Beef bouillon
4-6 Qt. saucepan
Whisk

Let's Make it! In your saucepan, over medium high heat, add butter and 6 ½ Tbsp of flour. Whisk well to make a roux. Add garlic and onion powder. Slowly pour in half the beef broth while stirring vigorously with a whisk. When gravy is smooth add the remaining broth, salt and pepper and bouillon, whisk well to combine. Return to heat whisking occasionally to incorporate the added ingredients. The gravy will thicken, when it reaches your preferred consistency remove from heat and drip 2 1/2 tablespoons of the gravy over the top of the meatloaf. And serve the remaining gravy with the meal.

Katies TidBits

Makes about 3 cups of gravy. If your gravy is to thick add ½ teaspoon of milk and whisk. You can also add 1 tablespoon of dry instant mashed potato flakes.