

ground beef

# Erin French's Dad's Meatloaf

The Lost Kitchen, Erin French's cookbook  
Erin French



## Servings: 10

- 1 Preheat the oven to 375°F.
2. In a large bowl, add all meatloaf ingredients and mix with your hands until combined. Do NOT overmix it! Divide the mixture between two 9 x 5-inch loaf pans and set aside.
3. For the glaze, in a medium bowl, stir together the sugar, ketchup, and mustard. Brush the top of each meatloaf with a thick coat of the glaze. Transfer to the oven and bake until an instant-read thermometer inserted in the middle registers 150 degrees F, about 45 minutes.
4. Let the meatloaves rest for 10 to 15 minutes, unmold, cut into slices, and serve. Ideally, serve with parsnip puree on the side.

- 1 1/2 pounds ground beef
- 1 1/2 pounds ground pork
- 3/4 cup grated carrots
- 1/2 cup chopped shallots
- 1/2 cup pecorino cheese, grated
- 2 cups bread cubes (1/2-inch-diced) such as sourdough
- 2 tablespoons fresh thyme leaves
- 2 large eggs
- 1/2 cup whole milk
- 2 teaspoons kosher salt
- 6 twists pepper (pepper grinder style)

### SAUCE:

- 1/2 cup packed light brown sugar
- 3/4 cup ketchup
- 1 tablespoon Dijon mustard

Yield: 2 loafpans

*Per Serving (excluding unknown items): 340  
Calories; 15g Fat (38.7% calories from fat);  
30g Protein; 22g Carbohydrate; 1g Dietary  
Fiber; 125mg Cholesterol; 797mg Sodium;  
17g Total Sugars; trace Vitamin D; 71mg  
Calcium; 3mg Iron; 576mg Potassium;  
298mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**