Sweet and Sour Meatloaf

This is one of my favorite recipes to prepare and it is the ultimate comfort food. You can either make into a traditional loaf, or you can shape in to 12 balls and place in a muffin tin for mini-loafs.

1 egg lightly beaten
5, Tbsp. ketchup, divided
2 Tbsp. prepared mustard
1/2 cup dry bread crumbs
1 Tbsp onion powder
1/4 tsp. pepper
1 lb extra lean ground beef (or ground turkey)
2 Tbsp sugar
1 Tbsp. brown sugar
1 Tbsp. cider vinegar

In a large bowl, combine the egg, 2 Tbsp. ketchup, mustard, bread crumbs, onion powder, pepper, and ground beef. Shape in to a loaf and place in a dish. Bake in oven at 350 °F for 45 minutes or until meat thermometer registers 160°F.

In a small bowl, combine remaining ketchup, sugars, and vinegar. Drizzle over meat and bake another 5 minutes or until sauce is heated well.

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about?

Visit the Family Dinner Project website at http://thefamilydinnerproject.org for conversation starters. Mix is up a little bit by putting several conversation starters in a jar and letting everyone take a turn picking a question.

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