

Simple Scrumptious Meatloaf

1 slice bread (plain wheat or white)*
Plain breadcrumbs
1 egg, lightly beaten
½ cup water
¼ cup ketchup
1 package Lipton Onion Soup Mix
1 lb. 90/10 ground sirloin (or 1½ lbs. if you'd like more meat per portion)

Preheat oven to 350.

Tear the bread into tiny pieces into a 1 cup measuring cup. Sprinkle plain breadcrumbs on top of the breadcrumbs, gently shaking to sift the crumbs down into the cracks of the bread until you fill the cup. Pour into a large bowl. Add the egg, water, ketchup, and soup mix. Combine well with a fork. Add in the beef and mix with your hands until well combined.

Spray a loaf pan with cooking spray. Press the beef mixture into the loaf pan, pressing gently with your fingers to form an even layer.

Bake at 350 for 37–45 minutes (37 is the perfect number for us usually).

Let rest for at least 10 minutes before serving.

*Instead of tearing the bread into small pieces and combining with breadcrumbs, you could just substitute 1 cup of plain breadcrumbs.



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