

Meatloaf

1-1/2 pounds Ground Beef (93% lean or leaner)
3/4 cup panko bread crumbs
3/4 cup ketchup, divided
1/2 cup minced onion
1 egg
1 tablespoon Worcestershire sauce(optional)
2 teaspoons minced garlic
1 teaspoon dried thyme
3/4 teaspoon pepper
1 teaspoon Italian seasoning
1/2 teaspoon salt



Heat oven to 350°F.

Combine Ground Beef, bread crumbs, 1/2 cup ketchup, onion, egg, Worcestershire, garlic, thyme, pepper and salt in large bowl, mixing lightly but thoroughly.

Shape beef into 8 x 4-inch loaf on rack in aluminum foil-lined broiler pan.

Place on upper oven rack in 350°F oven. Bake 45 to 55 minutes, until instant-read thermometer inserted into center registers 160°F

Brush with remaining 1/4 cup ketchup during last 10 minutes, if desired.

Let stand 10 minutes. Cut into slices.