

BOSTON MARKET GLAZED MEATLOAF

F EASY

Last Modified: 01/14/2016

PREP: 10 Min
COOK: 70 Min
OVEN: 350

BAR & RESTAURANT COPY

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Ground Chuck (80 / 20)	
1/2	Cup	Italian Bread Crumbs (Progresso)	
1/3	Cup	Yellow Onion	Diced
1	Large	Egg	Beaten
2	Tbsp	Fresh Lemon Juice	
1	Tsp	Granulated Beef Bouillon Base (Maggi)	Dissolved
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

MEATLOAF GLAZE			
1/2	Cup	Ketchup	
1/2	Cup	Light Brown Sugar	Packed
1	Tsp	Powdered Mustard	
1	Tbsp	Fresh Lemon Juice	

PREPARATION	
FACTOID	Not actually "their" recipe, but REALLY close.
TOOLS	1) Small Mixing Bowl 2) Large Mixing Bowl 3) 5" X 9" Non-Stick Metal Loaf Pan
PREP	DISH: 1) Dice the Onions and set them aside. 2) Beat the Egg until there are no white streaks visible and set it aside. 3) Dissolve the Bouillon Granules in a small amount of water and set it aside. 4) Preheat the oven to 350 degrees with a rack in the lower third.
1	In small mixing bowl, thoroughly combine all of the Glaze ingredients together.
2	In a large mixing bowl, combine the Ground Beef, Bread Crumbs, Onion, Egg, dissolved Bouillon, Lemon Juice and 1/3 of the Glaze Mixture from the small bowl. Mix this well and place in a loaf pan.
3	Bake for 1 hour, drain off & discard any excess fat, coat the top with the remaining Glaze Mixture and bake for 10 more minutes, until the surface dries slightly.
SERVE	Slice into 1" thick slices and serve while hot.

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