

jMEATLOAF

1-1/2 CUP CHOPPED ONIONS
3 TBSP OLIVE OIL
1# GROUND BEEF
1# GROUND PORK
1 EGG PLUS 1 EGG WHITE
2 TBSP MILK
1 CUP BREADCRUMBS
1 CLOVE GARLIC
1/4 CUP CHOPPED FRESH PARSLEY
1 TSP SALT
1/2 TSP PEPPER

GLAZE

1/2 cup ketchup
2 tbsp brown sugar
1 tbsp Dijon mustard
1 tbsp lemon juice
1/2 tsp tobasco

Preheat oven to 350

Saute' onion in oil. Remove from heat and cool slightly. Whisk eggs and milk. Pour over breadcrumbs, mix well and toss into meat mixture along with garlic, parsley, salt and pepper. Shape into loaf. Spread glaze over loaf. Bake 1 hour and 15 minutes and let stand a few minutes.