

# Easy Meatloaf

**Prep:**

10 mins

**Cook:**

1 hr

**Total:**

1 hr 10 mins

**Servings:**

8

**Yield:**

8 serving

## Ingredients

- 1 ½ pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- ⅓ cup ketchup

## Directions

- **Step 1**  
Preheat oven to 350 degrees F (175 degrees C).
- **Step 2**

In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 9x5-inch loaf pan, or form into a loaf and place in a lightly greased 9x13-inch baking dish.

- **Step 3**

In a separate [small bowl](#), combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.

- **Step 4**

Bake at 350 degrees F (175 degrees C) for 1 hour.

## **Tips**

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## **Nutrition Facts**

### **Per Serving:**

372 calories; protein 18.2g 37% DV; carbohydrates 18.5g 6% DV; fat 24.7g 38% DV; cholesterol 98mg 33% DV; sodium 334.6mg 13% DV.