

Individual Meat Loaves



Recipe courtesy of Ina Garten

Show: Barefoot Contessa Episode: Lunch for the Boys



Level: Intermediate

Total: 1 hr 15 min

Prep: 30 min

Cook: 45 min

Yield: 6 servings

Ingredients:

- 1 tablespoon good olive oil
- 3 cups chopped yellow onions (3 onions)
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons Worcestershire sauce
- 1/3 cup canned chicken stock or broth
- 1 tablespoon tomato paste
- 2 1/2 pounds ground chuck (81 percent lean)
- 1/2 cup plain dry bread crumbs (recommended: Progresso)
- 2 extra-large eggs, beaten
- 1/2 cup ketchup (recommended: Heinz)

Directions:

- 1 Preheat the oven to 350 degrees F. Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.
- 2 In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meatloaf will be dense.
- 3 Divide the mixture into 6 (10 to 11-ounce) portions and shape each portion into a small loaf on a sheet pan. Spread about a tablespoon of ketchup on the top of each portion. Bake for 40 to 45 minutes, until the internal temperature is 155 to 160 degrees F and the meat loaves are cooked through. Serve hot.



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