



**Meatloaf**  
**spendwithpennies.com**

This is the best meatloaf recipe ever. It is so easy to make and comes out perfectly juicy every time!

Servings: 10 → 40

| PREP TIME | COOKING TIME | TOTAL TIME |
|-----------|--------------|------------|
| 10 MIN    | 50 MIN       | 1 HRS      |

**Ingredients**

- pan release spray
- 2 medium onion, diced
- 1 tablespoon plus 1 teaspoon butter
- 8 egg
- 3 cups 2% milk
- 3 cups italian bread crumbs, or seasoned breadcrumbs
- 8 pounds lean ground beef
- 1/4 cup ketchup, first measure
- 1 tablespoon plus 1 teaspoon italian seasoning
- 1/2 cup chopped fresh parsley
- 1/2 tablespoon plus 1/2 teaspoon black pepper

**SAUCE**

- 2 cups chili sauce
- 2 cups second measure, ketchup,
- 1/2 cup brown sugar

**Nutrition**

Calories 485, Total Fat 35g, Saturated Fat 8g, Trans Fat 0g, Polyunsaturated Fat 3g, Monounsaturated Fat 20g, Cholesterol 120mg, Sodium 423mg, Total Carbohydrates 13g, Dietary Fiber 0g, Sugar 6g, Protein 29g, Vitamin A 302IU, Vitamin C 3mg, Calcium 67mg, Iron 3mg, Phosphorous 289mg, Potassium 525mg

**Cooking instructions**

1. Gather all ingredients and equipment.  
CCP: Wash your hands with warm water and soap for at least 20 seconds  
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Thawing CCP: Defrost beef in the refrigerator, in cold water or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
3. Preheat the oven to 350°F (180°C) conventional/325°F (160°C) convection.
4. Prep onion and parsley as directed above.  
CCP: Cut off bruised or damaged areas. Wash produce under running water, even if they will be peeled or cut. Scrub firm skins and rinds with a produce brush. Don't use soap.
5. Line a rimmed baking pan with aluminum foil and pan release spray.
6. In a saute pan, cook onions in butter over medium low heat until tender. Let them cool completely.
7. In a bowl, combine eggs, milk, and breadcrumbs. Let the mixture sit for 5-10 minutes. Add the ground beef, cooked onions, first measure ketchup, Italian seasoning, parsley and pepper to the bowl. Mix until just combined.
8. Form a 8"x4" loaf on the prepared baking pan and bake for 40 minutes (¼ less time convection).
9. While the meatloaf is cooking, combine the chili sauce, second measure ketchup and brown sugar to make sauce. (Reserve portions for Diabetic/CCHO and Finger Food to be served without sauce.) Spread mixture over the meatloaf and bake for an additional 10-15 minutes or until cooked through and the meatloaf reaches the stated CCP temperature. Broil for 1-2 minutes if desired.  
CCP: Cook to a minimum internal temperature of 160 °F (71°C).
10. Let the meatloaf rest for 10 minutes before slicing and serving. Hold for service.  
CCP: Hold at an internal temperature of 140°F (60°C) and above.

**Serving instructions**

Serve 3 ounces using a spatula for approved diet types and textures.

**\*\*DIET TYPES\*\***

- Diabetic (CCHO): YES, without sauce
- Heart Healthy/Cardiac: Ground Meat Burger Patty
- Low Sodium: YES
- Vegetarian: Vegan Black Bean Patty or refer to Vegetarian Tip Sheet for products
- Gluten Free: Ground Meat Burger Patty

**\*\*TEXTURES & CONSISTENCIES\*\***

FF: YES, plain served with cup for dipping sauce

EC7/Soft: YES

SB6: Soft & Bite Sized Meatloaf

MM5: Minced & Moist Meatloaf

PU4: Pureed Meatloaf

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**Allergens**

sesame, egg, milk, yeast, celery, gluten, lactose, wheat

**Equipment**

skillet, bowls, rimmed baking pan, foil, saute pan, spatula

**Notes**

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 1.22.25.

**Tags**

spatula, ec7, finger food, easy to chew, easy, soft & bite sized, low sodium, diabetic, saute pan, foil, rimmed baking pan, bowls, skillet, spendwithpennies.com, parent recipe, beef, entree, entree/main dish, dinner, lunch, regular

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