

Meat Loaf, Barbecue Style

Meatloaf is a classic dish and my parents made this version for me when I was growing up and it is still a favorite of mine! It's the perfect dish for fall and pairs beautifully with my grenache.



Ingredients

Serves 8+

1 1/2 lbs. ground beef
1 cup fresh bread crumbs
1 onion, finely chopped
1 egg
1 1/2 tsp. salt
1/4 tsp. pepper
2 8oz. cans of tomato sauce
1/2 cup water
3 tbsp. vinegar
3 tbsp. brown sugar
2 tbsp. prepared mustard
2 tsp. Worcestershire sauce
Cheese, mozzarella is especially good

Procedure

Step 1

Preheat the oven to 350° F. Mix together beef, bread crumbs, onion, beaten egg, salt, pepper, and 1/2 of the tomato sauce.

Step 2

Create the first meat layer by forming half of the mixture into a loaf (it should be 7" x 10"). Cover with a layer of cheese. Form the second meat layer with the remainder of the mixture.

Step 3

Combine the rest of the sauce with the other ingredients. Pour over the loaf. Bake for 1 hour and 15 minutes. Baste occasionally.