

Easy Meatloaf



I got this recipe from: *The Best 3 Ingredient Cookbook* by Tony Amidor. But I added an egg to help the loaf stick together better.

Ingredients

- 60 ml Italian Style Seasoned Breadcrumbs
- 90 ml + 125ml Barbecue Sauce
- 500g lean ground beef

- salt, peper, olive oil
- 1 raw egg

Tools

- Flat oven cookie sheet
- Parchement Paper
- Large bowl

Preparation

- Preheat Oven to 350 F (180 C)
- Combine 60ml of breadcrumbs and 90 ml of barbecue sauce and the egg in the bowl.
- Add the meat, mixing well with clean hands.
- Form into a loaf on top of the parchment paper on cookie sheet.
- Cover with the remaining barbecue sauce.
- Bake about 45 minutes until internal temperature of 155 F (68 C)
- Let sit at least 10 minutes before serving.