

Classic Meat Loaf with Roasted Vegetables

We found this recipe in the January '96 issue of Bon Appétit and made a few minor changes to suit our tastes. The result has stood the test of time, and is a real favorite. Ed & Hazel Bottrell

About 4 servings

Ingredients	
4 slices	White Sandwich Bread, crusts trimmed, torn into bite-sized pieces
2	Eggs
4 T	Worcestershire Sauce
1 C	Onion, finely chopped
1/3 C	Ketchup
1 T	Ketchup (for covering)
2 cloves	Garlic, pressed or minced
½ tsp.	Salt
½ tsp.	Pepper
1.5 lb	Ground Beef, lean
1 can	Beef Broth (14.5 oz.)
2	Russet potatoes, peeled, quartered lengthwise
4	Carrots, peeled, halved lengthwise

Instructions:

1. Pre-heat oven to 375°F.
2. Mash bread, eggs, and 3 T Worcestershire Sauce in large bowl until smooth paste forms.
3. Mix in onion, 1/3 C ketchup, garlic, salt and pepper. Add beef and mix thoroughly.
4. Mound meat mixture in 13x9x2 inch baking pan, shaping into an 8x4 inch loaf.
5. Spread remaining 1T ketchup over meat loaf.
6. Pour broth and remaining 1T Worcestershire Sauce into pan around meat loaf. Arrange vegetables around meat loaf.
7. Cover with foil, and bake for 45-minutes.
8. Uncover, and bake until vegetables are tender and meat loaf is cooked through - about 35-minutes.
9. Using spatula, transfer meatloaf to platter. Surround with vegetables; spoon some pan juices over meat and vegetable, and serve.