

Classic Meat Loaf with Roasted Vegetables

This is an adapted version of the original, which appeared in the January 1996 issue of Bon Appetit magazine.

Yield: 6 servings

Ingredients:

1 cup bread crumbs	½ teaspoon salt
2 eggs	½ teaspoon ground pepper
4 tablespoons Worcestershire sauce, divided	½ pounds lean ground beef
½ cup diced celery	114.5-ounce can beef broth
1/3 cup plus 1 tablespoon ketchup, divided	3 medium onions, quartered
1 tablespoon garlic powder	3 russet potatoes, quartered lengthwise
	6 carrots, peeled and halved lengthwise

Procedure:

Preheat oven to 375 F. In a large bowl, mix bread crumbs, eggs and 3 tablespoons Worcestershire sauce until smooth paste forms. Add celery, 1/3 cup ketchup, garlic powder, salt, pepper and beef and mix thoroughly. Mound meat mixture in 13x9x2-inch baking pan and shape into 8x4-inch loaf. Pour broth and remaining 1 tablespoon Worcestershire sauce into pan around meat loaf. Arrange vegetables around meat loaf. Cover pan with foil. Bake 45 minutes. Uncover and spread remaining 1 tablespoon ketchup over meat loaf. Continue baking uncovered until vegetables are tender and a meat thermometer inserted

about 465
calories and
16 grams of fat
per serving

into the center of the meat loaf registers 160 F, about 35 minutes. Using spatula, transfer meat loaf to platter. Surround with vegetables, spoon some pan juices over and serve immediately.

A serving of Classic Meat Loaf with Roasted Vegetables contains about one-third of the daily recommendations for iron and zinc plus a full day's supply of vitamin A (as beta carotene) and 85 percent of the daily recommendation for vitamin C.

NDSU Agriculture Communication



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