



Barbecue Meat Loaf

I was looking for a meat loaf with a slight kick. The sauce poured on top keeps the meat loaf moist. For a slight variant, you can divide the loaf into 6 mini loaves. Also, this recipe is easily doubled if you're cooking for a larger crowd.

Ingredients:

- 1 ½ lbs ground beef
- 2 c fresh bread crumbs
- ¼ cup dried minced onion
- 1 egg
- ½ cup ketchup
- 1/3 cup packed brown sugar

Directions:

1. Pre-heat oven to 350. Grease a 9 x 13 pan.
2. In a large bowl, mix all of the ingredients except for the ketchup and brown sugar. Shape into a loaf, place into the baking pan, and bake for 15 minutes.
3. Meanwhile, prepare the barbecue sauce: in a small bowl combine ketchup and brown sugar. Mix well.
4. Spoon the barbecue sauce over the meat loaf and bake 30-40 minutes longer, basting it occasionally with sauce from the pan. Serve with sauce poured over the meat loaf.