

Spooky Meatloaf

INGREDIENTS

- 2 lb ground beef (80-85% lean is ideal)
- 1 medium onion (about 1 cup finely chopped)
- 1 tsp olive oil (for sautéing onion)
- 2 large eggs
- 3 garlic cloves, minced
- 3 Tbsp fresh parsley, finely chopped
- ¾ cup Panko breadcrumbs (or gluten-free if needed)
- ⅓ cup milk
- 3 Tbsp Worcestershire sauce
- 1 tsp salt (or to taste)
- 1 tsp Italian seasoning
- ½ tsp ground black pepper
- 2 Tbsp ketchup (in the mixture)

Glaze/Sauce:

- ¾ cup ketchup
- 1½ tsp white vinegar
- 2 Tbsp brown sugar
- ½ tsp garlic powder
- ½ tsp onion powder
- (Optional alternative glaze: ½ cup chili sauce + ½ cup ketchup + 2 Tbsp brown sugar.)

DIRECTIONS

1. Preheat oven to 350 °F (175 °C).
 - a. For molds: Place silicone or metal Halloween molds (like skulls, pumpkins, or ghosts) on a baking sheet for stability.
 - b. For classic loaf: Line a rimmed baking sheet with parchment or foil.
2. Cook the onion: Heat olive oil over medium heat. Add chopped onion and sauté for 5-7 minutes, until softened and golden.
 - a. Optional (for deeper flavor): Reduce heat to medium-low and cook an additional 10-12 minutes until onions are caramelized.
3. Let cool slightly before adding to the mixture.
4. Mix the meatloaf: In a large bowl, combine ground beef, cooled onions, eggs, garlic, parsley, breadcrumbs, milk, Worcestershire sauce, ketchup (for the mixture), salt, Italian seasoning, and pepper. Mix gently until just combined - avoid overmixing to keep the texture tender.
 - a. Classic loaf: Shape into an 8x4x3-inch loaf on the prepared baking sheet.
 - b. Halloween molds: Lightly grease molds, then press meat mixture firmly into each cavity so there are no air pockets. Level off the tops.
5. Bake:
 - a. Classic loaf: Bake uncovered for 40 minutes.
 - b. Halloween molds: Bake for 20-25 minutes, depending on the size of your molds, or until internal temperature reaches 160 °F (71 °C).
6. Glaze: Whisk together glaze ingredients.
 - a. For loaf: Spread glaze on top and bake another 20 minutes.
 - b. For molds: Brush glaze over each mini meatloaf and bake another 5 minutes, or broil for 1-2 minutes for a glossy finish.
7. Rest and serve: Let rest for 10 minutes before removing from molds or slicing.