

# Glazed Meatloaf

This family favorite is flavored with onion, garlic, and thyme and then coated with a tangy sweet and savory glaze.

**Makes:** 4 servings

## Ingredients

### Meatloaf

- 1 teaspoon oil
- 1 onion, chopped
- 2 cloves garlic, diced
- 1 teaspoon dried thyme
- 2 tablespoons tomato paste
- 1/2 cup water
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound ground beef or turkey
- 1/4 cup rolled oats
- 1 large egg

### Glaze

- 1 tablespoon tomato paste
- 1 tablespoon yellow mustard
- 1 tablespoon honey



## Directions

1. Preheat the oven to 325°F. Lightly grease a baking sheet.
2. Put a skillet over medium-low heat and when it is hot, add the oil. Add the onion, garlic, and thyme and cook about 10 minutes until soft.
3. Add the water, tomato paste, mustard, salt, and black pepper.
4. Cook about 10 minutes until most of the liquid has been absorbed. Set aside to cool.
5. In a medium bowl, combine the ground beef, rolled oats, and egg and gently mix.
6. Add the cooled onion mixture and gently mix again until everything is thoroughly incorporated.
7. Form the mixture into a loaf about 8x4 inches and put on the prepared baking sheet.
8. To make the glaze: Put the tomato paste, yellow mustard, and honey in a small bowl and mix well. Spread on top of the meatloaf.
9. Cook about 1 hour until deep brown. If the meatloaf starts to brown too quickly before it's fully cooked, cover with foil.

## Notes

- Children under the age of 1 should not consume honey.
- When using ground turkey add an extra egg.
- Recipe can also be used to make burger patties.

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