

Pure Beef Meatloaf

Makes 6 servings

1 cup fine breadcrumbs (panko also works)

1 small onion, finely chopped

1 garlic clove minced

½ cup tomato juice

1 tablespoon molasses (I have used honey)

1 egg, beaten

½ cup lightly packed chopped fresh parsley

1 ¼ teaspoon salt

½ teaspoon pepper

1 ½ pound ground (grass fed) beef

3 slices of bacon cut in half (optional)

Preheat oven to 375°F.

Combine first nine ingredients (everything except ground beef and bacon) in a large mixing bowl. Break up the ground beef into the bowl and knead with a rubber spatula (or your hands) until well blended. Mound the mixture onto baking sheet (I usually line the baking sheet with parchment paper) and use your hands to shape it into a log about 8 inches long and 4 inches wide. Place bacon slices on top with the edges touching, if using.

Bake until well browned and a meat thermometer register 155°F, about 40-45 minutes.

Cool for 10 minutes for better slicing.

