



Manny's Meatloaf

Beef | Cuban | Vegetables

RATING ★★★★★	SERVINGS 4	DIFFICULTY Easy
PREP TIME 15 mins	COOK TIME 1 hr	TOTAL TIME 1 hr 15 mins

Ingredients

For The Meatloaf:

- 6 slices of bread, soaked in milk and squeezed of excess milk
- 1 red bell pepper, finely chopped
- 1 yellow onion, finely diced
- 5 finely minced cloves of garlic
- 1 pounds 90/10 ground beef
- 2 large eggs
- 2 tablespoons Worcestershire sauce
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/2 teaspoon Badia Complete Seasoning
- 1/2 teaspoon Badia Tropical Seasoning
- 1/2 teaspoon Cajun Seasoning

For The Glaze:

- 3/4 cup ketchup
- 1/4 cup brown sugar, tightly packed
- 2 tablespoons light soy sauce
- 2 tablespoons sweet chili sauce

Nutrition

Calories: 569kcal Carbohydrates: 28g
Protein: 28g Fat: 38g Saturated Fat: 16g Cholesterol: 148mg Sodium: 542mg Potassium: 573mg Fiber: 2g
Sugar: 19g Vitamin A: 503IU Vitamin C: 23mg Calcium: 47mg Iron: 4mg

Directions

- Preheat the oven to 375° F.
- Prepare a 9x5 loaf pan by spraying it with non-stick spray or olive oil.
- Soak 6 slices of bread in milk until fully absorbed, about 10 minutes.
- Squeeze out the excess milk and place the bread in a large bowl.
- Add the ground beef, onions, peppers, garlic, eggs, Worcestershire sauce, and all the spices.
- Work the mixture with clean hands until fully incorporated.
- Place the mixture in the prepared 9x5 loaf pan and pack it tightly.
- In a small bowl, mix all glaze ingredients until combined, making sure to eliminate any lumps.
- Pour the glaze over the meatloaf and spread it evenly to coat the entire top.
- Bake at 375°F for 50-60 minutes, or until a toothpick comes out clean or the internal temperature reaches 165°F.
- Let the meatloaf rest for 15 minutes before slicing.
- Serve with mashed potatoes and enjoy!

Notes

- You can line the pan with bacon for extra flavor if you like.
- You can find Badia Complete Seasoning and Sazon Tropical at almost any market.