

# Grandma's Almost Famous Meat Loaf

**Serves 6**

From DeLessio chef and co-owner James Faber.

1 **tablespoon** olive oil

1 **medium** onion, diced

2 **cloves** garlic, mince-

**A pinch** each of chile flakes, dried tarragon, dried oregano, dried basil and dried thyme

1½ **pounds** ground beef, regular or lean (preferably grass-fed)

1 **cup** old-fashioned oats (not instant)

1 **cup** cream or whole milk

1 **egg**, beaten

1 **teaspoon** Worcestershire sauce

1 **teaspoon** kosher salt, or to taste

½ **teaspoon** black pepper, or to taste

## The glaze

½ **cup** ketchup

1 **teaspoon** prepared mustard

1 **tablespoon** brown sugar

**A couple dashes** of hot sauce

**Instructions:** Heat the olive oil in a small skillet. Add the onion, garlic, chile flakes, tarragon, oregano, basil and thyme. Saute a few minutes, stirring, until onion is just opaque. Remove from heat and let cool.

In a bowl, combine onion mixture with the meat, oats, cream or milk, beaten egg, Worcestershire sauce, salt and pepper, and with your hands shape lightly into a loaf. The mixture should be moist; add more milk if necessary. Place loaf on a rimmed baking sheet.

Preheat oven to 350°. Mix together glaze ingredients and spread liberally over the top of the loaf.

Bake for approximately 1¼ hours, or until internal temperature reaches 155°.

Remove from oven, tent loosely with foil and let rest at least 10 minutes before cutting into thick slices.

**Per serving:** 353 calories, 27 g protein, 18 g carbohydrate, 19 g fat (7 g saturated), 109 mg cholesterol, 703 mg sodium, 2 g fiber.