

5-Ingredient Meatloaf (No Breadcrumbs)

This is such an easy recipe, and so quick to prepare. And with no breadcrumbs for those of you who are GMO intolerant makes this recipe a go to on most everyone's list.



Ingredients

- 16 oz 80% Lean Ground Beef
- 1 cup Parmesan Cheese, finely grated.
- ½ cup Onion, diced
- 1 Large Egg
- ⅓ cup Ketchup ⅓ BBQ sauce for spreading on top of loaf
- ½ teaspoon Salt
- ½ teaspoon Ground Pepper

Instructions

1. Preheat oven to 400 degrees F. Coat a loaf pan with olive oil
2. Finely dice the Onion
3. Mix all ingredients (except the ½ cup Ketchup ½ BBQ sauce reserved for the top) together in a large bowl with a fork or with hands: beef, parmesan cheese, onion, egg, salt, pepper.
4. Form a loaf in the loaf pan. Spread the Ketchup/BBQ sauce over the top of the meatloaf. Bake in the oven for 45 minutes.



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