

Meat Loaf with Chili Sauce

Makes 2 loaves

1/2 cup milk
4 slices white sandwich bread, torn into pieces

2 small onions, finely chopped
6 garlic cloves, minced
1/2 cup chili sauce, plus 1/4 cup for glaze
1 cup chopped fresh parsley
1/2 cup grated Parmesan cheese
2 large eggs, lightly beaten

1 1/2 pounds ground sirloin
1 1/2 pounds ground pork

Coarse salt and ground pepper

1. Preheat oven to 350°, with rack in center. In a large bowl, pour milk over bread; let soak, about 30 seconds. Add onion, garlic, 1/2 cup chili sauce, parsley, Parmesan, eggs, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper, and lightly mix. Add sirloin and pork and, using your hands, mix until combined. Do not overmix or meatloaf will be dense.

2. Divide mixture in half. Gently pat each half into a log, and place each log in an 8 1/2 - by-4 1/2-inch loaf pan. Do not press down or into corners.

3. Bake 50 minutes. Brush tops of loaves with remaining 1/4 cup chili sauce; continue cooking until juices run clear and an instant-read thermometer inserted into thickest part registers 160°, about 10 minutes.

4. Remove from oven; let rest 5 minutes. Turn loaves out of pans; slice each into eight 3/4-inch-thick slices.

Per serving: 556 calories; 36.4 grams fat; 36.9 grams protein; 18.6 grams carbohydrates; 1.4 grams fiber

Note: For a loaf with crisp edges, shape the meat mixture with your hands into a log slightly smaller than the pan. For a light texture, don't press the log into the pan; just drop it in.