



Microwave Meatloaf

30 Minutes or Less - Family Friendly - Microwave Meal

High Protein

Ingredients

Servings: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1 large **egg**, lightly beaten
- 5 Tbsp. **ketchup**
- 2 Tbsp. **mustard**
- 1/2 cup dry **breadcrumbs**
- 2 Tbsp. **onion soup mix**
- 1/4 tsp. **salt**
- 1 lb. **ground beef**
- 1/4 cup **sugar**
- 2 Tbsp. **brown sugar**
- 2 Tbsp. **cider vinegar**

Directions

1. In a large bowl, combine the egg, 2 Tbsp. of ketchup, mustard, breadcrumbs, dry soup mix, salt, and pepper. Crumble beef over mixture and mix well. Shape into an oval loaf.
2. Place loaf in a shallow 1-qt. microwave safe dish. Cover and microwave on High for 10-12 minutes or until no pink remains and a thermometer registers reads 160°F. Drain excess liquid in the dish.
3. In a small bowl, combine sugars, vinegar and remaining 3 Tbsp. of ketchup. Drizzle mixture over meatloaf. Cover and microwave on High for 2-3 minutes longer or until heated thoroughly.
4. Let the meatloaf stand for 10 minutes before slicing.

Recipe adapted from TasteofHome.com