

Old Fashioned Meatloaf

4 slices bread OR a cup (90 grams) of breadcrumbs

1/2 cup (118 ml) soy milk

1/3 cup (78 grams) ketchup

2 tablespoons soy sauce

2 rounded tablespoons chopped fried onion OR 1 small onion, peeled, chopped and fried in a tablespoon of oil

1 teaspoon crushed garlic

1 teaspoon paprika sweet or smoked

1 egg

(2.2 pounds) 1 kilo ground beef, not too lean

For topping:

2 tablespoons ketchup

1 generous tablespoon molasses

oil spray for loaf pan

Directions:

Preheat your oven to 350 F/180 C.

If you use the breadcrumbs, you will skip tearing the bread etc. but I confess I think using bread adds flavor, but it will cut your prep time to use the crumbs, so up to you.

If using bread, tear into pieces and put in a bowl and pour the soy milk over all and let the bread absorb the lot. If using breadcrumbs, put in a bowl and pour the soy milk over and let sit a minute or two. Take the soaked bread and mash it up till pasty. Then add the ketchup, soy sauce, chopped fried onions and garlic and paprika. I like the smoked kind for a nice flavor but sweet is also good. Add the egg and stir all together. Then take the chopped meat and break it up with your hands and mix all together till a nice smooth mixture is formed. Take the loaf pan and spray with oil, pack the meatloaf mixture in to shape nicely and flip out onto a parchment lined baking tray. Alternatively, you can bake it in the pan but it will be much "wetter" in consistency.

Take the additional ketchup and drizzle on top of meatloaf and drizzle the molasses as well (you can use silan, date syrup/molasses but it's not the exact same results) and with a pastry brush or your hands, coat the loaf on all the sides. Put the loaf into the hot oven and bake for an hour and 10 - 15 minutes. Remove from oven and let sit for about ten minutes so the juices reabsorb. Slice into nice healthy slices and enjoy.