

Pat Nixon's Meatloaf

Sarah Morgan - Cooking with the First Ladies

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Ingredients

2 tablespoons butter	1 tablespoon salt
1 cup finely chopped onions	Black pepper to taste
2 garlic cloves, minced	1 tablespoon chopped parsley
3 slices white bread	1 teaspoon fresh thyme, chopped
1 cup milk	¼ teaspoon marjoram
2 pounds lean ground beef	2 tablespoons panko breadcrumbs
2 eggs, lightly beaten	2 tablespoons tomato paste

Directions

Melt butter in a pan, adding onions and garlic and sautéing until golden. Allow to cool.

Dice bread and soak in milk.

In a large bowl, mix beef by hand with onions, garlic, and bread. Add eggs, salt, pepper, parsley, thyme, and marjoram and mix.

Using a wire rack on a baking sheet, shape the meat into a loaf shape. I don't use a loaf pan because this way, while a bit messy, allows the grease to drain from the meatloaf.

Brush the top with the 2 tbsp of tomato paste, you can use a little more if you want.

Sprinkle top with breadcrumbs and refrigerate for an hour to firm up the loaf.

Bake in a 375° oven for one hour. Allow to stand a few minutes before slicing.