



### **Make-Ahead BBQ Glazed Meatloaf**

*Grandma used panades (soft bread mixture) as her secret ingredient*

- 1 Tablespoon olive oil
- 1/2 cup chopped onion (1/2 onion)
- 1 rib celery, chopped
- 1 garlic clove, minced
- 1 teaspoon Italian seasoning
- 1 teaspoon ground paprika
- 1 teaspoon basil
- 2 tablespoons tomato paste
- 1/2 cup and 2 Tablespoons bone broth or beef broth, divided
- 1 egg
- 2 1/3 cup crushed breadcrumbs
- 1/2 teaspoon baking powder
- 2 Tablespoons fresh chopped parsley
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 3 Tablespoons grated Parmesan cheese

1 lb. organic 85% lean ground beef  
1/2 lb. ground pork

### **Sweet Hot BBQ Glaze**

1/2 cup ketchup  
4 Tablespoons apple cider vinegar  
3 Tablespoon brown sugar  
1 teaspoon hot sauce  
1/2 teaspoon crushed coriander

**Before Starting:** Adjust oven rack to middle position; preheat oven to 375 F degrees. Fold heavy duty aluminum foil to form 10x6 inch rectangle with raised edges; center it on wire rack; place rack in large foil lined rimmed baking sheet; poke holes in upper tray foil with skewer about 1/2 inch apart. Spray upper foil with oil spray; set aside.

**Sauté Onion Mixture:** Add oil to 10-inch skillet over medium-high heat; add onion and celery; cook; stir occasionally to lightly brown about 6 minutes. Stir in garlic; sauté 1 minute. Add Italian seasoning, paprika, and basil; cook until fragrant, about 1 minute' stir in tomato paste mixed with 2 or 3 Tablespoons broth; cook to thicken about 1 minute. Remove; set aside to cool.

**Add a Panade:** In large bowl; whisk remaining broth and egg to combine; stir in breadcrumbs, baking powder, parsley, mustard, salt, black pepper, and cooled onion mixture. Sprinkle cheese over mixture; add ground beef and pork; mix gently until completely mixed; about 1 minute.

**Form & Bake Meatloaf:** Transfer meat to foil rectangle; shape into 10x5-inch oval about 2 inches high. Flatten top and sides of meat. Bake in preheated 375-degree F oven for 45 to 50 minutes, about 135 to 140 degrees F. Remove meatloaf from oven.

**Prepare Glaze:** Whisk all glaze ingredients in small saucepan; cook over medium heat; cook, stir until syrup-like and sugar dissolves.

**Broil Glaze:** Set about 1/3 of glaze aside to serve with meatloaf. Spread half of remaining glaze over baked meatloaf. Place under broiler; cook until glaze begins to brown at edges and bubbles. Remove from oven; spread with remaining half of glaze; place back in oven to begin to brown. Set remaining glaze aside. Cool meatloaf for about 15 minutes before slicing.

**About the Recipe:** Old fashioned Italian flavored meatloaf is enhanced with a panade made with bone broth, adding a rich texture. Mixing in some grated cheese provides the meatloaf with extra moisture and body. The glaze will make it look attractive and taste BBQ delicious. Grandma knew a few tricks for making that outstanding meatloaf.