

Meatloaf for One or Two



Ingredients

1 lb / 0.5 kg lean ground pork
¼ cup / 50 mL chili sauce (Heinz brand)
2 tsp / 10 mL Worcestershire sauce
¼ cup / 50 mL chopped fresh parsley
2 Tbsp / 30 mL chopped yellow onion
1 tsp / 5 mL dried thyme leaves
½ tsp / 2 mL salt
¼ tsp / 1 mL EACH ground cinnamon, ground black pepper and garlic powder
Pinch ground cloves
Additional chili sauce for basting

Directions

1. Preheat the oven to 350°F.
2. In large bowl, gently combine pork with remaining ingredients; do not overmix.
3. Form pork mixture into a log and place into a loaf pan. Do not press down or into corners.
4. Bake 50 minutes. Brush top of meatloaf with additional chili sauce and bake 10 minutes more or until instant-read thermometer registers 160°F.
5. Remove meatloaf from oven; let rest 5 minutes.
6. Remove meatloaf from pan and slice into ½-inch thick slices.

Tip: Recipe can easily be doubled to serve 6-8.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 60
- **Number of Servings:** 3-4