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## Blended Meatloaf Recipe

A healthier, more flavorful take on the classic recipe. A slightly spicy glaze enhances the rich umami flavor of mushrooms and beef blended together.

### Loaf Ingredients

½ Medium Onion, Diced  
16 oz Baby Bella Mushrooms, Chopped  
1 tbs Butter  
2 Eggs  
½ cup Milk  
¾ cup Panko Breadcrumbs  
1 lb Ground Beef 80/20  
1 tbs Ketchup  
1 tsp Italian Seasoning  
2 tbs Fresh Parsley, Chopped  
1 tsp Salt  
1 tsp Pepper

### Loaf Ingredients

½ cup Ketchup  
2 tbs Brown Sugar  
1 tbs Tabasco Sauce  
1 tsp Ground Mustard



### Directions

- Preheat oven to 350 F. If you are not using a greased loaf pan, spray a foil-lined baking sheet with cooking spray and set aside.
- In a large pan, cook onions in butter over medium heat for 7 minutes. Add mushrooms and cook for an additional 7 minutes or until golden and tender. Allow mixture to cool to room temperature.
- In a medium bowl combine eggs, milk, and breadcrumbs and allow to sit for 10 minutes
- Add ground beef, onion and mushroom mixture, ketchup, dry seasonings, and parsley to bowl and mix until combined. Do not over mix.
- Mold mixture into an 8x4 inch loaf or place in a well-greased loaf pan. Bake for 40 minutes.
- While baking, combine ingredients for glaze. Brush onto meatloaf and bake for an additional 15 minutes until internal temperature reaches 160 F. Allow loaf to rest for 10 minutes, slice and serve.

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