



## French Onion Meatloaf



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## Introduction

French onion meatloaf combines the classic flavors of French onion soup with a hearty meatloaf, creating a dish that is both comforting and delicious. This unique recipe incorporates the rich taste of caramelized onions and melty cheese, resulting in a savory dish that's perfect for any family meal. Whether you're looking for a new weekly dinner option or a crowd-pleaser for your next gathering, this recipe is sure to impress.

## Detailed Ingredients with measures

Ground beef: 1 pound

Onion: 1 large, thinly sliced

French onion soup: 1 can (10.5 oz)

Breadcrumbs: 1 cup

Egg: 1 large

Salt: 1 teaspoon

Pepper: 1/2 teaspoon

Garlic powder: 1/2 teaspoon

Cheddar cheese: 1 cup, shredded

Parsley: 2 tablespoons, chopped

## Prep Time

15 minutes

## Cook Time, Total Time, Yield

Cook Time: 1 hour

Total Time: 1 hour 15 minutes

Yield: 6 servings



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# Detailed Directions and Instructions

## Step 1: Prepare the Onion Mixture

Slice the onions and sauté them in a skillet with butter until they are caramelized and golden brown. This process usually takes about 15-20 minutes.

## Step 2: Preheat the Oven

Preheat your oven to 350°F (175°C) to prepare for baking the meatloaf.

## Step 3: Combine Ingredients

In a large mixing bowl, combine ground beef, breadcrumbs, eggs, garlic, Worcestershire sauce, and the sautéed onions. Mix until well combined.

## Step 4: Shape the Meatloaf

Transfer the meat mixture into a loaf pan and shape it into a loaf.

## Step 5: Add Topping

Spread a layer of French onion soup or additional caramelized onions on top of the meatloaf for added flavor.

## Step 6: Bake

Place the loaf pan in the preheated oven and bake for about 1 hour or until the meatloaf is cooked through and reaches an internal temperature of 160°F (70°C).

### Step 7: Let it Rest

Once baked, remove the meatloaf from the oven and let it rest for about 10 minutes before slicing. This allows the juices to redistribute.

### Step 8: Serve

Slice the meatloaf and serve it warm. It pairs well with a side of mashed potatoes or vegetables.

## Notes

### Note 1: Meat Variations

You can use a blend of ground meats, such as beef and pork, for a different flavor profile.

### Note 2: Storing Leftovers

Leftover meatloaf can be stored in an airtight container in the refrigerator for up to 3 days.

### Note 3: Freezing Options

For long-term storage, consider freezing the meatloaf. Wrap it tightly in plastic wrap and foil; it can be frozen for up to 3 months.

### Note 4: Flavor Enhancements

Feel free to add herbs or spices to the meat mixture for added flavor, such as thyme or Italian seasoning.



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# Cook techniques

## Choosing the right ground meat

Selecting a good balance of meats, such as a mix of beef and pork, can enhance the flavor and juiciness of the meatloaf.

## Mixing ingredients

Avoid overmixing the meat mixture; gently combine the ingredients to ensure a tender meatloaf.

## Forming the loaf

Shape the meat mixture into a loaf on a baking sheet, which allows for even cooking and easy drainage of excess fat.

## Baking tips

Bake the meatloaf at a moderate temperature, ensuring it cooks evenly without drying out.

## Making the glaze

Prepare a flavorful glaze from broth and caramelized onions, applying it during the last stages of baking for a rich topping.

# FAQ

## Can I use different types of meat for the meatloaf?

Yes, you can experiment with various meats such as turkey or chicken, but be mindful of the fat content for moisture.

**How can I prevent my meatloaf from falling apart?**

Adding breadcrumbs or oats can help bind the mixture and prevent crumbling.

**Can I prepare the meatloaf in advance?**

Yes, you can assemble the meatloaf ahead of time and store it in the refrigerator until you're ready to bake it.

**Is it possible to freeze meatloaf?**

Absolutely, meatloaf can be frozen either cooked or uncooked. Just make sure to wrap it well to avoid freezer burn.

**What should I serve with meatloaf?**

Meatloaf pairs well with mashed potatoes, green beans, or a simple salad for a balanced meal.



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## Conclusion

The French Onion Meatloaf is a delightful twist on traditional meatloaf, combining the rich flavors of caramelized onions and savory beef. It not only satisfies the palate but also fills the home with a comforting aroma, making it a perfect dish for family dinners or gatherings. Don't hesitate to try this recipe, as it promises to be a crowd-pleaser and adds variety to your dinner rotation.

## More recipes suggestions and combination

### **Classic Mashed Potatoes**

Serve buttery mashed potatoes alongside the French Onion Meatloaf for a creamy and indulgent meal.

### **Garlic Roasted Vegetables**

Pair the meatloaf with a medley of garlic roasted vegetables, such as carrots, broccoli, and bell peppers, for a nutritious side.

### **Caesar Salad**

A crisp Caesar salad with crunchy croutons and a tangy dressing complements the richness of the meatloaf.

### **Macaroni and Cheese**

For a heartier option, serve a side of creamy macaroni and cheese to balance the flavors of the meatloaf.

### **Homemade Bread Rolls**

Warm homemade bread rolls can be the perfect accompaniment to soak up any juices from the meatloaf.

### **Green Beans Almondine**

Lightly sautéed green beans with almonds add a touch of elegance and a pop of color to your meal.

### **Sweet Potatoes Fries**

Try sweet potato fries for a healthier alternative to traditional fries, enhancing the overall dish with sweetness.



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