



## *Meatloaf with Apricot Glaze*



### **Ingredients:**

- 2 pounds ground beef
- 1 egg, slightly beaten
- 1 small sweet onion, finely diced
- 2 garlic cloves, minced
- ¼ cup beef stock
- 1 cup Panko breadcrumbs
- 3 ½ TBLs sour cream
- 1 tsp salt
- 1 ½ tsps ground black pepper
- 2 TBLs chopped fresh parsley

### **Ingredients, the glaze:**

- 1 cup ketchup
- ¼ cup brown sugar
- 1 TBL Worcestershire sauce
- 1 TBL apple cider vinegar
- ¼ cup apricot preserves

### **Method:**

1. Preheat oven to 350 degrees Fahrenheit.
2. In a bowl, mix all the ingredients of the loaf, from ground beef to parsley.
2. In a separate bowl, mix all the ingredients for the glaze, from ketchup to apricot preserves. Add 4 TBLs of the glaze to the meatloaf mixture.
3. Transfer the meatloaf mixture to a 5-by-9-inch loaf pan. Bake for 1 hour to 1 hour, 15 minutes, or until the meat is done; the internal temperature of the loaf should be 160 F. About 15 minutes before the loaf is ready, pour most of the glaze over it, reserving some for dipping if you like.