



Total Time
70 MIN.

Serving Size
1 X 4 OZ/110 G SLICE

Difficulty
EASY

Yields
24

Using Campbell's® Reduced Sodium Tomato Soup in this Onion Crusted Meatloaf gives it a fresh tomato flavour that compliments the caramelized onions.

INGREDIENTS

	WEIGHT	MEASURE
Oil, vegetable	2 tbsp	30 mL
Onions, sweet, coarsely chopped	2 qt	11/5 kg
Garlic, fresh, minced	1 tbsp	15 mL
Paprika, smoked	1 tbsp	15 mL
Campbell's Reduced Sodium Tomato soup	48 oz can	19/25 L can
Beef, ground, lean	6 lbs	2 4/5 kg
Bread, crumbs, whole wheat, dry	3 cups	750 mL
Liquid Eggs	1/2 cup	125 mL
Oregano, dry	1 tbsp	15 mL
Pepper, black, coarsely ground	11/2 tsp	8 mL
Non-stick cooking spray		



Tip

*Very lean ground chicken or turkey can be substituted for the ground beef.



INSTRUCTIONS

1. In a skillet, heat oil over medium heat; add onion and sauté 12-14 minutes, until they become golden and caramelized.
2. Stir in garlic and paprika and cook an additional 2-3 minutes, stirring often. Remove from heat and cool to room temperature.
3. Place Campbell's Reduced Sodium Tomato soup in a bowl and stir in cooled onion mixture. Mix well. Hold.
4. Place beef, crumbs, eggs, oregano and pepper in a large bowl and gently mix in 4 cups of the reserved soup-onion mixture until combined.
5. Divide mixture in half and place in sprayed two one-third size hotel pans and pat flat to form a loaf or alternatively use loaf pans.
6. Spread remaining soup-onion mixture evenly over tops of two pans of meatloaf.
7. Bake in 375°F (190°C) convention or 325°F (165°C) convection oven for 55-60 minutes or until cooked through and top is slightly browned. Let stand at least 20-30 minutes before slicing to serve. CCP: Cook to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
8. To serve: Slice each meatloaf into equal slices (12 slices per each loaf)