

Sheet Pan Meatloaf Recipe

Description

This sheet pan meatloaf is a weeknight hero â?? fast to prep, easy to clean up, and full of comfort food flavor. It bakes evenly, slices beautifully, and works with just about any side dish you love.

Prep Time: 10 minutes mins

Cook Time: 1 hour hr

Total Time: 1 hour hr 10minutes mins

Ingredients

- 1 pound ground beef
- 2 large eggs
- ¾ cup panko breadcrumbs
- ¼ cup finely chopped onion
- ¼ cup BBQ sauce divided
- 1 tablespoon Worcestershire sauce
- 1 tablespoon garlic powder
- Salt and black pepper to taste
- Cooking spray or parchment for lining

Instructions

1. Preheat oven to 375°F (190°C). Line a sheet pan with foil or parchment and spray lightly.
2. In a large bowl, combine ground beef, eggs, panko, onion, half the BBQ sauce, Worcestershire, garlic powder, salt, and pepper.
3. Mix gently until everything is combined.
4. Shape into a rectangle on the sheet pan, about 1½ inches thick.
5. Bake for 45 minutes.
6. Remove from oven, brush with remaining BBQ sauce, and return to bake for another 15 minutes, or until internal temperature reaches 165°F.
7. Let rest for 5-10 minutes before slicing and serving.

Notes

- To shape the loaf easily, press the meat mixture into a clean rectangular food tray (like the one your ground beef comes in), then flip it onto the sheet pan.
- Leftovers reheat beautifully in the microwave or oven â?? try them in a sandwich the next day!
- You can double this recipe and freeze one loaf (uncooked or cooked) for a future meal.

Category

- 1. Oven Recipes

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