

BEAST-loaf Recipe



BEAST-loaf, it's the meatloaf you've been waiting to make a sandwich with!



PREP TIME

15 mins

COOK TIME

55 mins

RESTING TIME

10 mins

TOTAL TIME

1 hr 20 mins



COURSE

Main Course

CUISINE

American



SERVINGS

8 regular humans or 2 BEASTs

EQUIPMENT

- Measuring cups
- Knife for dicing onions
- Spoon
- Bowl to mix everything in
- Cookie Sheet
- Cutting Board to add mix and transport to the cooking dish
- Oven

INGREDIENTS

BEAST-loaf

- 2 lbs ground beef I use sirloin
- 1 cup breadcrumbs seasoned
- 2 eggs medium
- 1/4 tsp ground pepper
- 1/8 tsp smoked paprika
- 1/8 tsp cayenne pepper

- 8 oz white onions finely diced
- 1/2 cup **Guava Sriracha Ketchup** sauce

BEAST-loaf Topping

- 1/2 cup **Guava Sriracha Ketchup** sauce

INSTRUCTIONS

1. Preheat oven to 350°
2. In a large bowl add beef, breadcrumbs, eggs, pepper, paprika, cayenne pepper, diced onions & **Guava Sriracha Ketchup** sauce
3. Mix with hands until combined well but don't overdo it
4. Move the mixture to a cutting board and shape to your liking, preferably a little bit taller if you're going the sandwich route
5. Be careful when sliding the BEAST-loaf onto a cookie sheet
6. Take another 1/2 cup of **Guava Sriracha Ketchup** and spoon it over the beauty
7. Place your creation in the preheated oven
8. It should cook for approximately 55 minutes. The internal temperature should reach 160° when done
9. Let it rest for 10 minutes before digging in

NOTES

When I make the 2lb BEAST-loaf, it's moister cause I cut then sear the slices of the loaf on a pan. *Why?* To make sandwiches of course!

The perfect BEAST-loaf sandwich has white untoasted bread, a thick slice of American cheese, and a healthy slathering of mayo on the bottom bread.

If you're going to eat as a meatloaf then I'd suggest you use the same amount of ingredients and add one extra pound of ground beef.

KEYWORD

Comfort Food, meatloaf