

INDIVIDUAL MEATLOAVES

1 tablespoon good olive oil
3 cups chopped yellow onions (3 onions)
1 teaspoon chopped fresh thyme leaves
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper
3 tablespoons Worcestershire sauce
1/3 cup chicken stock
1 tablespoon tomato paste
2 1/2 pounds ground meat (preferably 1/3 beef, 1/3 veal, 1/3 pork)
1/2 cup plain dry bread crumbs
2 extra-large eggs, beaten
1/2 cup ketchup
Preheat the oven to 350 degrees F.

Heat the olive oil in a medium sauté pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.

In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meatloaf will be dense. Divide the mixture into 6 (10 to 11-ounce) portions and shape each portion into a small loaf on a sheet pan. Spread about a tablespoon of ketchup on the top of each portion. Bake for 40 to 45 minutes, until the internal temperature is 155 to 160 degrees F and the meat loaves are cooked through. Serve hot.