

## Neapolitan Meatloaf with Caramelized Onions

Makes 8 servings

Sunday dinner in my house usually involved pasta and meatballs. This meatloaf recipe was inspired by my mother's meatballs and my love of caramelized onions. This comfort food combines the savory tastes of a meatball with the sweet taste of caramelized onions. You can prepare it up to 24 hours in advance, then bake and serve.

### Ingredients

- 1 Lg. or 2 Small Yellow Onions (sliced)
- 2 tsp Olive Oil
- 3 Cloves Garlic (Minced) \*
- ½ C Italian Style Bread Crumbs
- 2 Lg. Eggs (whisked)
- 1 tsp dried Basil
- 2 tsp Fresh Parsley (chopped)
- ½ tsp Kosher Salt or ¼ tsp Table Salt
- 10 Grinds Black Pepper
- 4 Sundried Tomatoes (Chopped)
- 2 TBS Grated Romano or Parmesan Cheese
- 1 ¼ Lb 85% Ground Beef \*
- 1 C Tomato Sauce (divided) \*

Preheat oven to 350°F. Spray a rimmed baking sheet or baking pan with cooking spray.

Heat the olive oil in a medium skillet over low heat. Slowly cook the onions until they turn a golden brown. This will take 15-25 minutes and you need to frequently stir the onions to keep them from burning. When the onions are dark golden brown add the garlic and cook for an additional 60 seconds.

Mix all ingredients except the beef and the tomato sauce in a large bowl to combine. Add the beef and ½ C tomato sauce and mix together with your hands until it is just combined. Do not over mix or it will toughen the meatloaf. Transfer the mixture to the baking tray and form into a loaf shape.

Bake for 30 minutes and then pour the remaining ½ cup of tomato sauce over the top of the



meat loaf and return to the oven. Continue baking until an instant-read thermometer inserted into the middle of the meatloaf reads 160°F. This should take a total of 45-55 minutes. Transfer the meatloaf to a cutting board and let it stand for 10 minutes before cutting. Cut into 8 slices.

**\* *Pronto Substitutes***

**Minced Garlic** – you can substitute 1 heaping teaspoon of minced garlic from a jar — I always have this in my refrigerator.

**Ground Beef** – You can use a combination of ground beef and ground veal for a richer taste or you can substitute a leaner ground beef but the meatloaf will come out dryer and less flavorful.

**Tomato Sauce** – You can use canned tomato sauce or your favorite jarred or homemade tomato sauce.

**How to Caramelize Onions**

Caramelizing an onion converts starch to sugar creating a savory delight that can top a steak, be mixed with other vegetables, or added to a dish like this meatloaf. The key to caramelizing onions is patience. You need to cook the onions over medium low heat, stirring frequently for 15 – 25 minutes or until they turn a deep golden brown. Any extra caramelized onions can be frozen in an airtight container for up to 3 months.

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