Let’s Make a Meal™ is a restaurant-quality meal that you can make at home. Instead of hunting for a recipe, making a shopping list, and buying a whole jar or bottle when you only need a little, we included exactly what you’ll need to create a meal for two. So grab a glass of wine and start cooking!

**Bacon Parmesan Meatloaf**
with roasted carrots and onions

**Cooking time:** 1 hour  
**Hands-on time:** 15 minutes

*Designed, tested, and approved by Executive Chef Brian Wright*

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### Ingredients
1. 1 lb ground chuck  
2. ¼ cup milanese style bread crumbs  
3. ¼ cup ketchup glaze  
4. 1 large red onion  
5. 2 slices bacon  
6. 2 cloves garlic  
7. 1 large egg  
8. 3 oz grated parmesan cheese  
9. 1 lb carrots (halved lengthwise and cut into 3 inch lengths)  
10. 2 tablespoons canola and olive oil blend  
11. ¾ teaspoon salt  
12. ½ teaspoon pepper

### Equipment Needed
- Cutting board  
- 2 medium bowls  
- Knife  
- Baking tray  
- 2 mini meatloaf pans (included)

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Serves 2

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Divide the mixture evenly among the meatloaf pans and sprinkle with the remaining parmesan.

Cut the remaining three quarters of the onion into thirds. Halve the carrots lengthwise and cut into 3 inch lengths. In a medium sized bowl, toss the chopped carrots and onion wedges with the oil and remaining salt and pepper.

Place greased vegetables on a lined baking tray with meatloaf. Transfer to the oven and cook until the vegetables are cooked throughout, 35-40 minutes. Bake meatloaf until cooked throughout, 40-45 minutes.

After removing meatloaf from the oven, let rest for 10 minutes and pour off any liquid. Top with the remaining ketchup glaze, slice, and serve with the vegetables.

Show us your finished dish! Post a photo on social media, tag Standard Market (@StandardMarket), and use the hashtag #letsmakeameal.