

DINNER

Meatloaf with Mustard and Sour Cream Gravy

19 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	6	\$1.55	523 kcal



Meatloaf with Mustard and Sour Cream Gravy might be just the main course you are searching for. One portion of this dish contains approximately 25g of protein, 39g of fat, and a total of 523 calories. This recipe serves 6.

Ingredients

- | | |
|---|--|
| ☐ 3 strips bacon | ☐ 1 cup beef stock |
| ☐ ¾ cup plain breadcrumbs | ☐ 2 tablespoons butter |
| ☐ 1 tablespoon Dijon mustard | ☐ 2 eggs |
| ☐ 1 tablespoon all-purpose flour | ☐ 2 cloves garlic, minced |
| ☐ 1 pound 80/20 ground beef | ☐ 2 Italian sausages, casings removed (mild or spicy) |

☐ ¼ cup ketchup

☐ ½ onion, minced

☐ 2 tablespoons sour cream

☐ ½ teaspoon Worcestershire sauce

☐ 6 servings Kosher salt and freshly ground black pepper

☐ 6 servings Kosher and freshly ground black pepper

☐ 3 tablespoons sour cream

☐ 2 tablespoons minced yellow onion

EQUIPMENT Bowl, Baking sheet, Sauce pan, Oven, Whisk, Loaf pan

Method

- 1 Special equipment: glass loaf pan
- 2 Preheat the oven to 375 degrees F. Line the glass loaf pan with the bacon, centering the strips lengthwise in the pan, letting the ends hang over the short edge. Lightly beat the eggs in a large bowl.
- 3 Add the ketchup and sour cream and mix.
- 4 Add the breadcrumbs, onions and garlic, stirring to incorporate, and sprinkle with salt and pepper.
- 5 Mix in the sausage, breaking it up to season the egg mixture evenly.
- 6 Mix in the ground beef, using your hands to mix gently but thoroughly. Press the meatloaf mixture firmly into the loaf pan with the bacon, shaping the meat into a loaf shape. Unmold the meatloaf by turning the pan upside-down, and tapping the bottom to release the meatloaf. Tuck the bacon under the loaf, and place it bacon-side up on a foiled or parchment-lined baking sheet.
- 7 Bake until the meat registers 160 degrees F, 50 minutes.
- 8 Let rest 10 minutes before slicing.
- 9 Serve with Mustard and Sour Cream Gravy.
- 10 In a saucepan, heat the butter over medium heat, add the onions and saute until the onions are soft, about 6 minutes.
- 11 Sprinkle the flour on top of the onions and cook for 1 minute, stirring. Turn up the heat to medium-high and whisk in the stock and 1/2 cup water. Cook at a simmer, whisking frequently, until the gravy begins to thicken. Turn off the heat and whisk in the sour cream, and then the mustard and Worcestershire sauce. Taste before adding salt and pepper.
- 12 Serve on the meatloaf.

Nutrition per serving

523

KCAL

25 g

PROTEIN

39 g

FAT

17 g

CARBS

Saturated Fat	15.5 g · 97% of daily needs
Fibre	1.1 g · 4% of daily needs
Sugar	4.2 g · 5% of daily needs
Sodium	754 mg · 33% of daily needs
Cholesterol	160 mg · 53% of daily needs
Vitamin C	2.6 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/meatloaf-with-mustard-and-sour-cream-gravy-143806