

TOP SECRET RECIPES

Home >> Recipes >> Boston Market® >> Boston Market Meatloaf Recipe



TOP SECRET RECIPES™ VERSION 06.1

Boston Market Meatloaf

By Todd Wilbur

Recipe Type: Entree

Calories: 480

Cook Time: 1 hour 20 minutes

Recipe Rating: 4.9 (17 reviews)



In the early '90's Boston Chicken was on a roll. The home meal replacement chain's stock was soaring and the lines were filled with hungry customers waiting to sink their teeth into a serving of the chain's delicious rotisserie chicken. So successful was the chain with chicken, that the company quickly decided it was time to introduce other entree selections, the first of which was a delicious barbecue sauce-covered ground sirloin meatloaf. But offering the other entrees presented the company with a dilemma: what to do about the name. The bigwigs decided it was time to change the name to Boston Market, to reflect a wider menu. That meant replacing signs on hundreds of units and retooling the marketing campaigns. That name change, plus rapid expansion of the chain and growth of other similar home-style meal concepts sent the company into a tailspin. By 1998, Boston Market's goose was cooked, and the company filed for bankruptcy. Soon McDonald's stepped in to purchase the company, with the idea of closing many of the stores for good, and slapping Golden Arches on the rest. But that plan was scrapped when, after selling many of the under-performing Boston Markets, the chain began to fly once again. Within a year of the acquisition Boston Market was profitable, and those meals with the home-cooked taste are still being served at over 700 Boston Market restaurants across the country.

Source: "Even More Top Secret Recipes" by Todd Wilbur.

INGREDIENTS

- 1 cup tomato sauce
- 2 tablespoons Kraft original barbecue sauce
- 1 tablespoon granulated sugar
- 1 1/2 pounds ground sirloin
- 1 egg
- 1/2 cup plain bread crumbs (such as Progresso brand)
- 3/4 teaspoon salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon garlic powder

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. Combine the tomato sauce, barbecue sauce, and sugar in a small saucepan over medium heat. Heat the mixture until it begins to bubble, stirring often, then remove it from the heat.
3. In a large bowl, add all but 1/4 cup of this tomato sauce mixture to the meat, along with the egg. Use your hands to work the sauce and egg into the meat until it is very well combined.
4. Combine the remaining ingredients with the ground sirloin -- bread crumbs, salt, onion powder, ground pepper, and garlic powder. Get those hands in there again to work everything into the meat.
5. Load the meat into a loaf pan (preferably a meatloaf pan with two sections that allows the fat to drain, but if you don't have one of those a regular loaf pan will work). Pour the remaining 1/4 cup of tomato sauce down the middle of the top of the meatloaf.

Recipe Robot Top Secret Recipes

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Table of Contents Recipe Robot Top Secret Recipes

1. Understanding the eBook Recipe Robot Top Secret Recipes
 - The Rise of Digital Reading Recipe Robot Top Secret Recipes
 - Advantages of eBooks Over Traditional Books
2. Identifying Recipe Robot Top Secret Recipes
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Recipe Robot Top Secret Recipes
 - User-Friendly Interface
4. Exploring eBook Recommendations from Recipe Robot Top Secret Recipes

- Personalized Recommendations
- Recipe Robot Top Secret Recipes User Reviews and Ratings
- Recipe Robot Top Secret Recipes and Bestseller Lists
- 5. Accessing Recipe Robot Top Secret Recipes Free and Paid eBooks
 - Recipe Robot Top Secret Recipes Public Domain eBooks
 - Recipe Robot Top Secret Recipes eBook Subscription Services
 - Recipe Robot Top Secret Recipes Budget-Friendly Options
- 6. Navigating Recipe Robot Top Secret Recipes eBook Formats
 - ePub, PDF, MOBI, and More
 - Recipe Robot Top Secret Recipes Compatibility with Devices
 - Recipe Robot Top Secret Recipes Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Recipe Robot Top Secret Recipes
 - Highlighting and Note-Taking Recipe Robot Top Secret Recipes
 - Interactive Elements Recipe Robot Top Secret Recipes
- 8. Staying Engaged with Recipe Robot Top Secret Recipes
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Recipe Robot Top Secret Recipes
- 9. Balancing eBooks and Physical Books Recipe Robot Top Secret Recipes
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Recipe Robot Top Secret Recipes
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Recipe Robot Top Secret Recipes
 - Setting Reading Goals Recipe Robot Top Secret Recipes
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Recipe Robot Top Secret Recipes

- Fact-Checking eBook Content of Recipe Robot Top Secret Recipes
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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