

TOP SECRET RECIPES

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TOP SECRET RECIPES™ VERSION 01.1

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.

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