

Italian Meatloaf with Mozzarella Topping

An original from my friend Dianne Y.



Servings: 8

1. Preheat oven to 400°F.
2. In a skillet heat olive oil. Add chopped vegetables and saute for about 5 minutes, or until soft, but not browned. Set aside to cool slightly.
3. In a large mixing bowl combine meats, spices, egg, Parmesan, bread crumbs, oregano, salt, pepper and red pepper flakes. Then add HALF the pasta sauce. Add the cooked vegetables. Mix with your hands until the egg is thoroughly incorporated and vegetables are evenly spread through the mixture. Try not to overmix.
4. Place the meatloaf mixture in a loaf pan or form a long rectangle on a parchment-lined sheet pan. Add the remaining pasta sauce on top.
5. Bake for 30-45 minutes. Remove from oven and top with grated Mozzarella cheese. Place back in oven for 5 minutes, until cheese is melted. Remove from oven and allow to rest for 10 minutes before cutting into slices.

- 1 pound lean ground beef
 - 1/2 pound sweet Italian sausage
 - 2 tablespoons olive oil
 - 1 small onion, chopped
 - 1/2 cup red bell pepper, diced
 - 3/4 cup bread crumbs, Italian style
 - 1 large egg
 - 2 tablespoons Parmigiano-Reggiano cheese, grated
 - 1 teaspoon dried oregano
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1/4 teaspoon red pepper flakes
 - 1 cup pasta sauce, jarred, tomato based
- TOPPING:**
- 1/2 cup Mozzarella cheese, grated

Per Serving (excluding unknown items): 226 Calories; 11g Fat (45.3% calories from fat); 18g Protein; 12g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 482mg Sodium; 3g Total Sugars; trace Vitamin D; 117mg Calcium; 2mg Iron; 385mg Potassium; 212mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com