

Italian-Style Meatloaf

Serves: 12

Prep Time: 10 minutes

Cook Time: 45 minutes



Ingredients

- 910g ground beef
- 1 yellow onion, diced
- 2 tablespoons garlic, minced
- 1 large tomato, diced
- 1 red pepper, diced
- 2 eggs, beaten
- 4 teaspoons Worcestershire sauce
- 1 tablespoon Italian seasoning
- 2 cups Italian breadcrumbs
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 cups dry Parmesan
- 2 cups mozzarella cheese, shredded
- Salt and pepper to taste
- 1 cup tomato sauce
- 1 teaspoon garlic, minced
- 1 teaspoon Italian seasoning
- 1/4 teaspoon red pepper flakes
- 1 beef bouillon cube
- 1 1/2 tablespoon sugar
- Salt and pepper to taste

Directions

1. Over medium high heat, sauté onions and garlic until fragrant. Add red pepper, tomato and Italian seasoning, sweating the vegetables until liquid evaporates, about 5 minutes. Set aside
2. In a separate pan over medium high heat, sauté garlic until fragrant then add in tomato sauce. Crumble in the beef cube and mix well. Season with Italian seasoning, red pepper flakes, Worcestershire sauce, sugar and salt and pepper to taste. Simmer for 5 minutes
3. Combine ground beef, breadcrumbs, Parmesan, 1 cup mozzarella, eggs, 1/2 cup marinara sauce, vegetables, Worcestershire sauce and salt and pepper to taste. Form into a loaf using your hands, mixing all the ingredients thoroughly
4. Coat the top of the loaf with the remaining marinara sauce and spread evenly using the back of a spoon and top with 1 cup mozzarella cheese
5. Bake at 350 degrees F for 45 minutes or until the meat thermometer reads 160 degrees F in the middle of the meatloaf. Let it stand for 10 minutes before cutting
6. Dish and serve hot