

Italian-Style Meatloaf

Yield: 12 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-meatloaf-using-italian-bread-crumbs>

Ingredients:

- 2 pounds ground beef
- 1 yellow onion diced
- 2 tablespoons minced garlic
- 1 large tomato diced
- 1 red pepper diced
- 2 eggs beaten
- 4 teaspoons Worcestershire sauce
- 1 tablespoon Italian seasoning
- 2 cups Italian breadcrumbs
- 1 1/2 cups Parmesan
- 2 cups mozzarella cheese shredded
- salt
- pepper
- 1 cup tomato sauce
- 1 teaspoon garlic minced
- 1 teaspoon Italian seasoning
- 1/4 teaspoon red pepper flakes
- 1 beef bouillon cube
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 tablespoons sugar
- salt
- pepper

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 110 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams

6. Protein: 28 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 1020 milligrams
 9. Sugar: 7 grams
 10. TransFat: 1 grams
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