

# Beef and Italian Sausage Meatloaf

Yield: 5 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/meatloaf-recipe-beef-italian-sausage>

## Ingredients:

- 1 pound extra lean ground beef
- 1/2 pound Italian sausage casings removed, about 2 to 3 links
- 1 large egg slightly beaten
- 3/4 cup bread crumbs soft fine
- 14 1/2 ounces diced tomatoes divided
- 1/2 small onion finely chopped
- 2 cloves garlic minced
- 1/2 bell pepper green or red sweet, finely chopped
- 1 1/2 tablespoons basil dried leaf
- 1 teaspoon oregano dried leaf
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3/4 cup shredded Parmesan cheese fresh

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 140 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 34 grams
7. SaturatedFat: 9 grams
8. Sodium: 1200 milligrams
9. Sugar: 4 grams

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