

# Tuscan peasant cooking Meatloaf

Yield: 8 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-sausage-potatoes-peppers-and-onions-sandwich-recipe>

## Ingredients:

- 7 3/4 tablespoons extra-virgin olive oil
- 2 13/16 ounces onion finely chopped
- 5 13/16 tablespoons carrots finely chopped
- 4 2/3 tablespoons celery finely chopped
- 1 9/16 pounds meat mixed ground, beef, veal, pork
- 3 italian sausage fresh, without the case
- 2 large eggs beaten
- 1/2 cup breadcrumbs
- 3 tablespoons chopped parsley
- 2 teaspoons salt
- flour
- 1 cup dry red wine
- 2 1/8 cups stock meat, warm
- 4 potatoes peeled and diced
- black ground pepper freshly

## Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 150 milligrams
4. Fat: 49 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 16 grams
8. Sodium: 1120 milligrams
9. Sugar: 4 grams

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