

Italian American Meatloaf

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/lidia-s-kitchen-italian-american-meatloaf-recipe>

Ingredients:

- 2 cups country bread cubes of, with crust
- 1 cup milk
- 2 carrots medium, cut into chunks
- 1 onion medium, cut into chunks
- 2 stalks celery cut into chunks
- 1 1/2 pounds ground beef
- 1 1/2 pounds ground pork
- 1 bunch scallions trimmed and chopped
- 1 cup grana padano grated, or Parmigiano-Reggiano
- 1 cup canned tomatoes pureed
- 1/2 cup Italian parsley chopped fresh
- 2 teaspoons kosher salt
- 1 teaspoon dried oregano
- 2 tablespoons extra-virgin olive oil

Nutrition:

1. Calories: 1110 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 270 milligrams
4. Fat: 77 grams
5. Fiber: 4 grams
6. Protein: 77 grams
7. SaturatedFat: 30 grams
8. Sodium: 1960 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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