

Mozzarella Stuffed Italian Meatloaf

Yield: 4 min
Total Time: 110 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion finely chopped
- 2 garlic cloves minced
- 4 eggs lightly beaten
- 2/3 cup Italian bread crumbs Progresso work well
- 2 teaspoons dried parsley
- 2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1/3 cup grated Parmesan cheese
- 3 tablespoons milk or tomato sauce
- 2 pounds ground chuck
- 1 package ciliegine fresh mozzarella balls cherry size, or mozzarella slices cut into 1/2-inch pieces
- 32 ounces spaghetti sauce or homemade sauce, divided
- 1 pound spaghetti – cooked per package instructions
- freshly grated Parmesan cheese
- shredded mozzarella cheese
- chopped fresh parsley

Nutrition:

1. Calories: 1410 calories
2. Carbohydrate: 136 grams
3. Cholesterol: 385 milligrams
4. Fat: 61 grams
5. Fiber: 12 grams

6. Protein: 79 grams
 7. SaturatedFat: 21 grams
 8. Sodium: 2360 milligrams
 9. Sugar: 28 grams
 10. TransFat: 2.5 grams
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