

Breaking Bread

with the Williams Family...
Ingrid's Recipes



Italian Cheese Stuffed Meat Loaf

Ingredients:

- 1 1/2 lb. lean ground beef
- 2 cups soft French bread crumbs
- 1/2 cup shredded fresh Parmesan cheese
- 1/4 cup chopped fresh basil or 1 1/2 teaspoon dried basil leaves
- 2 eggs
- 4 cloves minced garlic
- Salt and pepper to taste
- 1 1/2 cups marinara sauce
- 1 1/2 cups shredded provolone cheese
- 1 (7.25 oz.) jar drained and chopped roasted red bell peppers
- 1/4 cup chopped ripe black olives

1. Preheat oven to 350°.
2. Spray a 9x5 loaf pan with nonstick cooking spray. Set aside.
3. In large bowl, combine ground beef, bread crumbs, Parmesan cheese, basil, eggs, garlic, salt, pepper and 1/2 cup of marinara sauce. Mix well.
4. On large piece of foil, shape the ground beef mixture into 12x10 rectangle. Top with provolone cheese, roasted bell pepper and olives, distributing evenly up to 1/2 inch of edges. Starting from 10 inch side, roll up jelly roll fashion. Seal edges well.
5. Transfer and place, seam side down, in foil-lined loaf pan.
6. Bake for about 1 hour, depending upon oven.
7. Top with remaining marinara sauce and bake an additional 10 minutes or until loaf is thoroughly cooked in center and meat thermometer registers 160°.
8. Let stand 10 minutes before serving.