

ITALIAN MEATLOAF

Last Modified: 01/27/2016

PREP: 30 Min

COOK: 1 Hr

OVEN: 350

F EASY

BEEF

MAKES 12 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Ground Chuck (80 / 20)	
1	Tbsp	Olive Oil	
1	Large	Yellow Onion	Fine Dice
2	Tbsp	Garlic	Minced
1	Large	Ripe Tomato	Diced
1	Large	Red Bell Pepper (Seeded)	Diced
2	Large	Eggs	Beaten
4	Tsp	Worcestershire Sauce (Lea & Perrins)	
1	Tbsp	Italian Seasoning	
2	Cups	Italian Bread Crumbs (Progresso)	
1 1/2	Cups	Parmesan Cheese	Shredded
1 1/2	Cups	Mozzarella Cheese (Shredded)	Divided
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

MARINARA SAUCE

1	Cup	Tomato Sauce (Hunts)	
1	Tsp	Olive Oil	
1	Tsp	Garlic	Minced
1	Tsp	Italian Seasoning.	
1/4	Tsp	Crushed Red Pepper Flakes	
1	Tsp	Beef Base (Superior Touch)	
1/2	Tsp	Worcestershire Sauce (Lea & Perrins)	
1 1/2	Tbsp	Granulated Sugar	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	Italian? Real or not, I used to enjoy this at a local Stainless Steel Diner in Pottstown, PA when I lived there. While the cook staunchly refused to give up her recipe, I found this in a cookbook I purchased at a flea market there years ago.
TOOLS	<ol style="list-style-type: none"> 1) Large Mixing Bowl. 2) Aluminum Quarter Sheet Pan & Wire Rack 3) Medium Stainless Steel Saucepan & Lid. 4) Large Stainless Steel Skillet. 5) Box Grater 6) Meat Probe Thermometer

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PREP	<p>DISH</p> <p>1) Finely dice the Yellow Onion and set it aside. 2) Mince the Garlic Cloves and add them on top of the Onions. 4) Dice the Tomato and set it aside. 5) Dice the Red Pepper and add it on top of the Tomato. 6) Shred the Parmesan Cheese and set it aside 7) Shred the Mozzarella Cheese and set it aside.</p>
1	<p>VEGETABLES: In a large skillet over medium high heat, add in the Olive Oil and heat until it shimmers. Add in the Onions and Garlic and saute until the Onions are translucent and the Garlic is fragrant, do NOT allow the Garlic to brown.</p>
2	<p>VEGETABLES: Add in the Red Pepper, Tomato and Italian Seasoning, sweating the Vegetables until the liquid evaporates, about 5 minutes. Set the mixture aside.</p>
3	<p>SAUCE: In a medium saucepan over medium high heat, add in the Olive Oil and heat until it shimmers. Add in the Garlic and saute until fragrant. Add in the Tomato Sauce, Beef Base and mix well.</p>
4	<p>SAUCE: Add in the Italian Seasoning, Red Pepper Flakes, Worcestershire Sauce, Sugar and Salt and Pepper to taste. Lower the heat and simmer the mixture for 5 minutes</p>
5	<p>MEATLOAF: In a large mixing bowl, thoroughly mix together with your hands, the Ground Beef, Bread Crumbs, Parmesan, 1 cup of the Mozzarella, Eggs, 1/2 cup of the Marinara Sauce, the Vegetable Mixture, Worcestershire Sauce and Salt and Pepper to taste. Form it into a loaf on a parchment paper lined sheet pan..</p>
6	<p>MEATLOAF: Coat the top of the Meatloaf with the remaining Marinara Sauce and spread it evenly using the back of a spoon. Evenly sprinkle the top with the remaining cup of Mozzarella Cheese</p>
7	<p>MEATLOAF: Bake the Meatloaf for 45 minutes or until a meat thermometer reads 160 degrees in the middle of the Meatloaf. Let it stand for 10 minutes before cutting</p>
SERVE	<p>Slice into 1" thick slices and serve while hot.</p>