

## **Old-World Pizza Meat Loaf**

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**Servings: 6**

**Preparation Time: 20 minutes**

**Bake Time: 55 minutes**

**1 egg, lightly beaten**  
**1 1/2 cups seasoned bread crumbs**  
**1 can (4 1/4 oz) chopped ripe olives, drained**  
**1 can (4 oz) mushroom stems and pieces, drained**  
**1 cup (4 oz) part-skim mozzarella cheese**  
**1 small green pepper, chopped**  
**1 small onion, chopped**  
**2 tablespoons onion soup mix**  
**1 cup pizza sauce, divided**  
**2 pounds ground beef**  
**1/4 cup Parmesan cheese, grated**

Preheat oven to 350 degrees.

In a large bowl, combine the egg, bread crumbs, olives, mushrooms, mozzarella cheese, pepper, onion soup mix and 1/4 cup pizza sauce. Crumble the beef over the mixture and mix well. Shape into a 10x6-inch rectangle and place in a 15x10x1-inch baking pan. Spoon the remaining pizza sauce over the top.

Bake,uncovered, for 45 minutes.

Sprinkle with Parmesan cheese.

Bake for 10 to 15 minutes longer or until no pink remains and a thermometer reads 160 degrees.

Let stand 10 minutes before slicing and serving the meat loaf.

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Per Serving (excluding unknown items): 665 Calories; 45g Fat (60.6% calories from fat); 34g Protein; 32g Carbohydrate; 3g Dietary Fiber; 167mg Cholesterol; 1677mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 6 1/2 Fat.