Italian Meatloaf

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 6 servings | Serving Size: 1 slice

Ingredients

1 tablespoon olive oil

1 medium bell pepper, diced (about 1 cup)

½ medium onion, diced (about ½ cup)

¼ teaspoon salt

1 pound (16 ounces) lean ground beef (90% lean or higher)

1 medium carrot, shredded (about ½ cup)

⅓ cup ketchup

1 egg, lightly beaten

¼ cup Panko breadcrumbs

2 tablespoons tomato paste

1 tablespoon yellow mustard (or 1 teaspoon dry mustard)

1 teaspoon dried basil

1 teaspoon dried oregano

Directions

1. Preheat the oven to 375°F.

2. Line a rimmed baking sheet with parchment paper and set aside.

3. Heat a skillet or sauté pan over medium heat.

4. Add the oil and heat until shimmering.

5. Add the bell pepper, onion, and salt. Cook until the bell pepper and onion are softened, about 5-7 minutes.

6. Transfer the pepper-onion mixture to a large mixing bowl.

7. Add the ground beef, carrot, ketchup, egg, breadcrumbs, tomato paste, mustard, basil, oregano, thyme, garlic powder, and black pepper and mix until well combined.

8. Transfer the mixture to the prepared baking sheet and shape the mixture into a loaf.

9. Bake until the meatloaf is firm and reaches an internal temperature of 160°F, about 35-45 minutes.

10. Cover the meatloaf loosely with foil and let it rest for 5-10 minutes, then cut it into six slices. Serve warm.

Recipe Notes

- You may mix with your hands if needed. Be sure to wash your hands with soap and water before and after mixing.

Nutrition Facts Per Serving: Calories: 230 | Total Fat: 12 g | Saturated Fat: 4 g Sodium: 325 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1 g | Protein: 22 g

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