Low Carb Beefed-Up Meat Loaf

Recipe courtesy George Stella
See this recipe on air Saturday Nov. 06 at 1:30 PM ET/PT.

Recipe Summary
Difficulty: Easy
Prep Time: 30 minutes
Cook Time: 1 hour 15 minutes
Yield: 8 servings
User Rating: ★★★★★

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Tomato Topping:
1 (8-ounce) can tomato sauce
1 (6-ounce) can tomato paste
1/4 cup sugar substitute (recommended: Splenda)
2 teaspoons white vinegar or water

2 pounds ground chuck (may use meat loaf mix with ground pork)
2 eggs
1/2 cup grated Parmesan
1/4 cup red onion, diced small
1/4 cup roasted or fresh red bell peppers, diced
2 tablespoons chopped fresh parsley leaves
2 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/4 pound prosciutto, or any type of ham, thinly sliced
1/4 pound provolone cheese, sliced

Preheat oven to 350 degrees F.

In a small bowl, mix together the tomato topping ingredients. Set aside. You may add a few drops of water to thin to a ketchup consistency.

In a large bowl, mix together the beef, eggs, Parmesan, vegetables, herbs, and seasonings.

Working on a waxed paper lined sheet pan or counter, form meatloaf mix into a 10 by 8-inch flat rectangle on the waxed paper. Place a layer of prosciutto slices on top, followed by a layer of provolone slices. Roll up the stuffed meatloaf mix like a burrito and seal the edges all around by pinching the meat.

Place the roll, seam side down, into a 5 by 9-inch loaf pan. Spread a heavy coat of the tomato topping to completely cover the top of the meatloaf. Place in oven and bake for about 1 hour and 15 minutes, or until the temperature on a meat thermometer registers 165 degrees F. Drain fat and let rest at least 10 minutes before slicing.

Nutrition Information

Nutritional Analysis per Serving	**Calories** 509
Total Fat 39 grams	**Saturated Fat** 17 grams
Carbohydrates 7 grams	**Net Carbohydrates** 6 grams
Fiber 1 gram	

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