



Mama P's Recipes

Organic Gourmet Seasonings



Mama's Italian Meatloaf Bolognese

Made with [Mama Patierno's Bolognese Seasoning](#) & [Italian Seasoning](#)

You'll love Mama's juicy and flavorful Italian Meatloaf Bolognese.

It's quick and easy too!



Ingredients:

- 1 lb. ground beef
- 1/4 green pepper
- 1/2 medium sweet onion
- 4 garlic cloves
- 1 tsp Worcestershire sauce
- 1/4 cup parmesan
- 1 cup shredded mozzarella
- 1/8 cup parsley
- 1 egg
- 1 cup breadcrumbs
- 1 tsp sea salt
- 1 to 2 tsp white or black pepper to taste
- 1/2 tsp fine crushed red or cayenne pepper
- 1 1/2 tsp Mama Patierno's Bolognese Seasoning
- 1 tsp Mama Patierno's Italian Seasoning
- Extra Virgin Organic Olive Oil
- 2 cups Mama Patierno's (or other brand) Italian [tomato sauce](#)



How to Make:

- Preheat oven to 350
- Mince the onion, garlic cloves and green pepper and cook in pan with olive oil until tender. Remove from stove and let cool down for ten minutes
- Mix the cooked and minced onion, garlic, green pepper, and all other ingredients well with the meat in a large bowl. Place in appropriate size casserole dish but be sure to spray olive oil spray in the dish first!
- Press meat down firmly
- Place in oven for 45 minutes
- Remove from oven and add sauce and mozzarella cheese and parsley garnish and return to oven for ten minutes.
- Remove from oven and let sit for 10 minutes or more before you dig in.



Other Options:

- Add 1 lb. of ground sausage or pork but be sure to double all other ingredients
- Like it hot? Add more fine crushed red or cayenne pepper
- Offer more sauce and parmesan on the table!