

# Polpettone (Italian meat loaf)

*This recipe is easy to prepare – fun if you like chopping and mixing. The uncooked loaf can be frozen and baked at a later date (cover tightly).*

3 lbs ground beef (or mixed beef, veal, & pork)

3 eggs

6 oz can tomato paste

6 oz water

1 tbs chopped parsley

1 green pepper chopped

1 med onion chopped

½ cup bread crumbs

¼ cup olive oil

¼ cup grated Romano cheese

salt & pepper to taste

Mix tomato paste and water until smooth. (Ketchup may be substituted in a pinch). Divide in half.

Mix remaining ingredients with half the sauce and place in large loaf pan. Pour remaining sauce over the top.

Bake 2 hours at 350°.