

# Spicy Glazed Italian Meatloaf



This meatloaf is great hot or cold

Serves 8

6oz Italian bread crumbs

1/2t black pepper

1/8t cayenne pepper

1 medium onion, diced

6 baby carrots, diced

3 garlic cloves, minced

1/2 red bell pepper, diced

12oz ground sirloin

12oz ground chuck ~ or  
ground chicken

kosher salt

3 eggs, beaten

8oz mozzarella cheese,  
shredded

GLAZE:

1/2c ketchup

1/4c brown sugar

1T Cajun spice

Preheat oven to 350.

In large bowl mix together all meatloaf ingredients except cheese. Place half of the meatloaf mix into 10" loaf pan and spread out. Top with shredded cheese. Top with remaining meatloaf mixture.

In small bowl mix together glaze ingredients and pour over meatloaf. Bake 60 minutes. Remove from oven and allow to sit at least 10 minutes before slicing.

Prepare Ahead Tip

Meatloaf mixture can be frozen before baking. Thaw overnight in refrigerator day before consumption. Allow to sit at room temperature 20 minutes and bake as directed.

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