

Aunt Hazels' Meatloaf

I have never been able to make a good meatloaf until our Aunt Hazel gave us this recipe!

1 cup Italian-style bread crumbs	2 eggs
2 lbs. ground beef	4 slices boiled ham
1 can Rotel tomatoes	6 slices mozzarella cheese
1 tsp salt	Small jar Ragu
1 tsp pepper	

- 1 Mix first 6 ingredients and pat out into a large rectangle on heavy duty foil.
- 2 Layer ham and cheese on ground meat and roll meat to make a jelly roll, sealing edges.
- 3 Turn up edges of foil and place in a baking dish.
- 4 Pour jar of Ragu on top
- 5 Bake 1 ½ hours at 325.

Servings: 8

Nutrition Facts

Serving size: 1/8 of a recipe (5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

4 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.

Amount Per Serving	
Calories	371.23
Calories From Fat (24%)	88.2
% Daily Value	
Total Fat 25.35g	39%
Saturated Fat 9.98g	50%
Cholesterol 131.55mg	44%
Sodium 485.55mg	20%
Potassium 343.23mg	10%
Total Carbohydrates 9.98g	3%
Fiber 0.67g	3%
Sugar 0.88g	
Protein 23.46g	47%