

Italian Meatloaf

Ingredients

2 lbs. ground beef
6-8 oz. soy mozzarella, cubed
1 slice bread (or bun or whatever) ripped into pieces
1 onion, chopped
2 cloves garlic, minced
1 egg
¼ c. plain soy milk
Handful fresh herbs (oregano, basil, parsley), chopped
Marinara sauce

Preparation

Preheat oven to 350° F.

Combine all ingredients in a large bowl and mix until well combined. Place in a medium-sized baking pan coated with cooking spray and press to flatten evenly. Top with marinara sauce, enough to cover the whole thing, sort of like frosting a cake.

Bake for one hour, remove from oven and let sit for 5 minutes. Serve.