
Italian Beef Roll

Jana Moran

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1 pound ground chuck

1 egg

3/4 cup cracker crumbs

1/8 teaspoon pepper

1 teaspoon salt

1/2 teaspoon oregano

1/2 cup onions, chopped

1 cup mozzarella cheese, shredded

2 cans (6 ounce ea) tomato sauce, divided

In a bowl, combine the meat, eggs, cracker crumbs, pepper, salt, onions, one can of tomato sauce and the oregano. Mix well.

On wax paper, shape into a flat rectangle, approximately 10 x 12 inches. Sprinkle the cheese over the meat. Roll up jelly-roll style by picking up one end of the wax paper. Press the ends and edge to seal well to prevent the cheese from melting outside of the roll. Place the roll in a shallow pan.

Bake in a 350 degree oven for one hour. Drain off the fat.

Pour the remaining tomato sauce over the roll and bake an additional 15 minutes.

Ground Beef

Per Serving (excluding unknown items): 1814 Calories; 128g Fat (63.6% calories from fat); 119g Protein; 46g Carbohydrate; 9g Dietary Fiber; 654mg Cholesterol; 5953mg Sodium. Exchanges: 0 Grain(Starch); 16 Lean Meat; 7 Vegetable; 16 Fat.