

Sicilian Meat Roll II

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

2 eggs, beaten
3/4 cup soft bread crumbs
1/2 cup tomato juice
2 tablespoons parsley
1/2 tablespoon oregano
1/4 tablespoon salt
1/4 tablespoon pepper
1 small clove garlic, minced
2 pounds ground beef
8 slices boiled ham
6 ounces mozzarella
cheese, shredded
3 slices mozzarella cheese,
halved

Preheat the oven to 350 degrees.

In a bowl, combine the eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in the ground beef, mixing well.

On foil or waxed paper, pat the meat into a 12x10-inch rectangle. Arrange the ham slices on top of the meat. Sprinkle shredded cheese over the ham.

Carefully roll the meat, starting from the short end. Seal the edges and ends.

Place the roll, seam side down, in a 13x9-inch pan.

Bake for one hour and 15 minutes.

Place the cheese wedges over the top of the roll and return to the oven.

Bake for 5 minutes until the cheese melts.`

Per Serving (excluding unknown items): 4716 Calories; 378g Fat (72.8% calories from fat); 278g Protein; 39g Carbohydrate; 4g Dietary Fiber; 1652mg Cholesterol; 5102mg Sodium. Exchanges: 1 Grain(Starch); 39 Lean Meat; 1 Vegetable; 53 1/2 Fat.