
Sicilian Meat Roll III

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 8

2 eggs, beaten

3/4 cup soft bread crumbs (one slice of bread)

1/2 cup tomato juice

2 tablespoons snipped parsley

1/2 teaspoon dried oregano

1/4 teaspoon salt

1/4 teaspoon pepper

1 small clove garlic

2 pounds lean ground beef

8 thin slices cooked ham

1 1/2 cups (6 ounce) shredded mozzarella cheese

3 slices mozzarella cheese, halved diagonally

In a bowl, combine the eggs, bread crumbs, tomato juice, parsley, oregano, salt, pepper and garlic. Stir in the ground beef, mixing well. On aluminum foil or wax paper, pat the meat into a 12x10-inch rectangle.

Arrange the ham slices atop the meat, leaving a small margin around the edges. Sprinkle shredded cheese over the ham.

Starting from the short end, carefully roll up the meat, using the foil to lift. Seal the edges and ends. Place the roll, seam side down, in a baking pan.

Bake at 350 degrees for one hour and 15 minutes or until done. (The center of the meat roll will be pink due to the ham.)

Place cheese wedges over the top of the roll. Return to the oven for 5 minutes or until the cheese melts.

(The rolls may be frozen.)

Ground Beef

Per Serving (excluding unknown items): 771 Calories; 55g Fat (65.1% calories from fat); 59g Protein; 7g Carbohydrate; trace Dietary Fiber; 272mg Cholesterol; 2260mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 0 Vegetable; 6 Fat.