

# Sicilian Meat Roll

*Helen McIlwain*

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 10**

*2 eggs, beaten  
1 cup soft bread crumbs  
2/3 cup tomato sauce  
2 tablespoons parsley,  
chopped  
1/2 teaspoon crushed  
oregano  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 small clove garlic, minced  
2 pounds lean ground beef  
8 thin slices boiled ham  
1 1/2 cups mozzarella  
cheese, shredded  
3 slices mozzarella cheese,  
cut into halves diagonally*

Preheat the oven to 350 degrees.

In a bowl, combine the eggs, bread crumbs, tomato sauce, parsley, oregano, salt, pepper and garlic. Mix well. Add the ground beef. Mix well. Pat into a 10x12-inch rectangle on waxed paper.

Top with the ham slices, leaving a small margin around the edges. Sprinkle with the shredded cheese. Roll up from the short end. Seal the edges and ends. Place seam side down in a 13x9-inch baking pan.

Bake for 55 minutes to one hour or until cooked through. Top with the cheese slices.

Bake for 3 to 5 minutes longer or until the cheese is melted.

---

Per Serving (excluding unknown items): 435 Calories; 33g Fat (68.4% calories from fat); 29g Protein; 5g Carbohydrate; trace Dietary Fiber; 156mg Cholesterol; 464mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 4 Fat.