

DINNER

Meat Lover's Stromboli

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	15 min	35 min	16	\$1.50	394 kcal

Meat Lover's Stromboli is a main course that serves 16. For \$1.5 per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. One portion of this dish contains around 15g of protein, 31g of fat, and a total of 394 calories.

Ingredients

- ☐ 1 egg, lightly beaten
- ☐ ¼ pound sliced ham
- ☐ 2 cups good quality marinara sauce, warmed
- ☐ 16 servings Olive oil, for brushing
- ☐ 1 cup sweet marinated peppers, chopped (recommended: Peppadew)
- ☐ ¼ pound sliced salami
- ☐ 2 tablespoons minced garlic
- ☐ 1 tablespoon Italian seasoning
- ☐ 4 cups grated mozzarella
- ☐ ¼ pound thinly sliced pepperoni
- ☐ 1 pizza dough, divided in half
- ☐ ¼ pound sliced hot sopressata

EQUIPMENT Baking sheet, Oven, Pastry brush

Method

- 1

Preheat the oven to 400 degrees F. Spray 2 baking sheets with nonstick spray.
- 2

On a lightly floured surface, roll out both halves of the dough to large rectangles, about 9 by 13 inches.
- 3

Sprinkle each with the sweet peppers, garlic, and Italian seasoning, leaving a 1-inch border. Evenly distribute the ham, sopressata, salami, pepperoni, and mozzarella over each of the dough rectangles.

- 4 Using a pastry brush, paint the border of 1 long edge on each piece of dough with the egg wash. Starting at the opposite long end without the egg wash, roll up each dough like a jellyroll. Repeat with the other dough.
- 5 Place on the prepared baking sheets and brush the tops with olive oil.
- 6 Sprinkle with smoked salt, if desired.
- 7 Place a few slits in the top of the dough for venting.
- 8 Bake until nearly completely golden brown and starting to crisp, about 25 minutes.
- 9 Remove from the oven and let cool for about 10 minutes. Slice thickly and serve with the warmed marinara.

Nutrition per serving

394

KCAL

15 g

PROTEIN

31 g

FAT

15 g

CARBS

Saturated Fat	9.3 g · 58% of daily needs
Fibre	1.1 g · 5% of daily needs
Sugar	3.2 g · 4% of daily needs
Sodium	1,019 mg · 44% of daily needs
Cholesterol	54.8 mg · 18% of daily needs
Vitamin C	10 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/meat-lovers-stromboli-142165