



## Spicy Sausage Meatloaf Patties with Italian Barbecue Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



1140 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup beef stock
- 0.8 cup bread crumbs plain italian generous
- 0.8 pound bulk sausage hot
- 1 can canned tomatoes diced
- 1 cup carrots shredded
- 2 ribs celery chopped
- 1 eggs
- 3 cloves garlic chopped

- 0.5 pound ground beef
- 0.8 pound ground sausage sweet
- 2 teaspoons hot sauce
- 2 tablespoons olive oil extra-virgin for drizzling
- 1 large onion divided chopped
- 0.1 pound pancetta chopped
- 1 bell pepper red finely chopped
- 0.5 cup romano grated
- 4 servings serving suggestion: salad green
- 4 servings salt and pepper black for seasoning, plus coarse pepper for finishing sauce
- 4 servings splash red wine
- 1 tablespoon worcestershire sauce

## Equipment

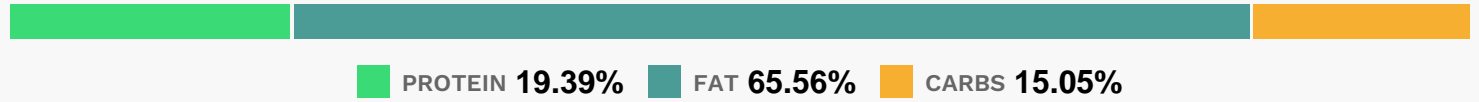
- frying pan
- baking sheet
- oven
- pot

## Directions

- Preheat oven to 425 degrees F.
- Heat a small skillet over medium heat with 2 tablespoons extra-virgin olive oil. When the oil is hot, saute the red pepper, half the onions, celery and carrots together, 5 minutes, season with salt and pepper then remove to a plate to cool.
- Mix ground beef and sausages with egg, bread crumbs, cheese, and cooled vegetables. Form 4 large oval shaped patties no more than 1 1/4 inches thick then drizzle with extra-virgin olive oil.
- Place in the oven on a cookie sheet and bake 17 to 18 minutes, until cooked through.
- Heat a medium sauce pot over medium high heat.
- Add a drizzle of EVOO to the pan and the pancetta.

- Let the pancetta crisp up a bit and render fat, then add onions and garlic and cook until tender, 8 to 10 minutes.
- Add a splash of red wine to deglaze the pan. Stir in the beef stock and tomatoes and season sauce heavily with coarse black pepper.
- Add Worcestershire and hot sauce and reduce heat to warm.
- Serve meatloaves with Italian barbecue sauce on top and green salad alongside.

## Nutrition Facts



### Properties

Glycemic Index:75.96, Glycemic Load:5.25, Inflammation Score:-10, Nutrition Score:42.331739259803%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 1140.45kcal (57.02%), Fat: 75.04g (115.45%), Saturated Fat: 24.91g (155.7%), Carbohydrates: 38.77g (12.92%), Net Carbohydrates: 33.37g (12.13%), Sugar: 12.09g (13.43%), Cholesterol: 221.5mg (73.83%), Sodium: 2132.25mg (92.71%), Alcohol: 15.58g (100%), Alcohol %: 2.67% (100%), Protein: 49.92g (99.85%), Vitamin A: 7342.84IU (146.86%), Vitamin C: 66.04mg (80.05%), Vitamin B3: 15.18mg (75.91%), Vitamin B6: 1.3mg (65.2%), Phosphorus: 613.98mg (61.4%), Vitamin B1: 0.91mg (60.63%), Zinc: 7.9mg (52.69%), Vitamin B12: 3.05µg (50.81%), Potassium: 1599.35mg (45.7%), Manganese: 0.84mg (41.77%), Vitamin B2: 0.7mg (41.04%), Iron: 7.32mg (40.67%), Selenium: 24.75µg (35.35%), Calcium: 309.97mg (31%), Magnesium: 109.95mg (27.49%), Copper: 0.51mg (25.63%), Vitamin E: 3.82mg (25.48%), Vitamin B5: 2.51mg (25.12%), Folate: 98.23µg (24.56%), Vitamin K: 25.38µg (24.17%),

Fiber: 5.39g (21.58%), Vitamin D: 2.61µg (17.38%)