

# Italian Meat Loaf

written by The Recipe Exchange | October 18, 2015

## **Ingredients**

2 pounds ground beef  
1/2 cup plain bread crumbs  
1/4 cup plus 1 tablespoon grated Parmesan cheese, divided  
1 egg  
4 teaspoons Italian Seasoning, divided  
1 teaspoon Onion Powder  
1/2 teaspoon Garlic Powder  
1/2 teaspoon Black Pepper, Ground  
1/2 teaspoon salt  
1 can (8 ounces) tomato sauce

## **Directions**

Preheat oven to 350°F. Mix ground beef, bread crumbs, 1/4 cup of the Parmesan cheese, egg, 2 teaspoons of the Italian seasoning and remaining seasonings in large bowl.

Shape into a loaf on shallow baking pan. Mix tomato sauce and remaining 2 teaspoons Italian seasoning. Pour over top.

Bake 55 to 60 minutes or until meat loaf is cooked through. Sprinkle with remaining 1 tablespoon Parmesan cheese. Let stand 5 minutes before serving.