

# Meat Loaf with Red Pepper Sauce

## Ingredients:

### ***Meat Loaf***

4 Ounces garlic-flavored salad croutons

1 cup beef broth

1 tablespoon vegetable oil

1 medium yellow onion,  
chopped fine

2 large eggs

2 1/2 tablespoons prepared  
pesto

2 1/2 tablespoons pine nuts

1 1/2 teaspoons

Worcestershire sauce

1 teaspoon seasoned salt

1/2 teaspoon pepper

2 pounds ground round steak

1 1/2 cups julienned fresh  
spinach leaves

### ***Sauce***

2 tablespoons butter

1 red bell pepper, diced

2 cups brown sauce (see recipe for [brown sauce](#))

salt and pepper to taste

## Method:



***Preheat*** oven to 350f

***Crush*** the croutons and combine in a small bowl with broth. Let stand 10 minutes.

***Heat*** oil in skillet. Add onion and cook over medium heat 8 to 10 minutes until soft. Set aside.

***In*** a large bowl, beat eggs. Mix in pesto, pine nuts, Worcestershire sauce, salt, and pepper. Add meat, spinach, cooked onion, and crouton mixture. Mix well.

***Place*** loaf in a 9x13. bake 1 hour and 15 minutes. Let Stand 10 minutes before slicing.

***Melt*** the butter in a medium skillet. Add the red pepper and cook over medium heat 5 minutes until it begins to soften. Add the Brown Sauce, salt, and pepper and heat through.

***Serve*** the sauce over the sliced meat loaf.

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Made on a Mac