

**Mediterranean Stuffed Meatloaf**

The idea of this meatloaf came to me while I was sleeping. Weird, I know, but the result was a meatloaf with all the beautiful flavours of Greece and a truly intoxicating aroma!

Ingredients:

1.5 lbs. lean ground beef

1 tsp dry oregano

Freshly ground sea salt and black pepper to taste

¼. Dry panko bread crumbs

1 egg, beaten

1 red bell pepper, roasted and thinly sliced (directions to follow)

¼ c. feta cheese, crumbled

8-10 kalamata olives, pitted and finely chopped

3-4 fresh basil leaves, finely chopped

2-3 frozen spinach pods, thawed and drained well

½ pint cherry tomatoes, halved

Extra virgin olive oil

To roast red pepper, preheat broiler on high heat. Line a baking sheet with aluminum foil. Cut red pepper in half, remove seeds and membrane. Place red pepper halves on baking sheet, cut side down. Press down with hand to flatten. Drizzle with extra virgin oil and lightly season with ground sea salt and black pepper. Broil until blackened, about 15 minutes. Remove from oven and place in zipper lock baggie to cool. (Steam inside baggie will help in removing skin). When cooled, peel skin from red pepper and then cut into thin slices – set aside.

Preheat oven to 350 degrees Fahrenheit.

In a large bowl, combine lean ground beef, 1 tsp dry oregano, beaten egg and panko bread crumbs. Season to taste with freshly ground sea salt and black pepper. Knead with hands to combine. Turn out onto work surface lined with parchment paper or wax paper. Press meat mixture out until approximately ¼ inch thick and 10 inches by 10 inches in size.

Leaving a 1.5 inch border on all sides, layer thinly sliced roasted red pepper, thawed and crumbled spinach, kalamata olives, crumbled feta and top with finely chopped fresh basil leaves. Roll up ends of meat and then, starting at side closest to you, roll meat into a log, pressing firmly at end to seal.

Place loaf in a non-stick loaf pan, top with halved cherry tomatoes, seasoned with a pinch or two dry oregano, freshly ground sea salt and black pepper. Drizzle lightly with extra virgin olive oil.

Bake in preheated 350 degree Fahrenheit oven for approximately 50 minutes or until nicely browned and cooked through. Let cool before slicing. Serve with rice, mashed potato or Mediterranean Roasted Baby Red Potatoes. Enjoy!