

# STUFFED MEATLOAF ROLL

Stuffed Meatloaf Roll Recipe – Bulgarian style meatloaf, stuffed with hard boiled eggs. Topped with cheese. Easy to make, flavorful and delicious meal, rich in protein and low in carbs.

I'm the type of cook who will rarely make a meatloaf. It is one of the easiest dishes to prepare, but I just never remember about this deliciousness. This Keto stuffed meatloaf roll recipe is inspired by one of my favorite childhood dishes – Bulgarian Meatloaf (Rulo Stefani, Ground Meat Roll).

## Here are some tips to make this meatloaf roll:

- For the most flavor and to keep the meat as moist as possible, use grated onion and add its juice. Onion powder or chopped onion could be substituted, but I've found that when using grated onion in dishes with ground meat, the onion juice really enhances the flavor and moisture
- Roll out the ground meat mixture thin on a large piece of plastic wrap, add the fillings to one end and roll. This ground meat meatloaf mixture is pretty easy to work with, so use your fingers to fix any imperfections.
- I don't own a meatloaf pan, but baked my Keto Stuffed Meatloaf Roll in a regular baking dish.

This Keto Stuffed Meatloaf Roll is easy to make, moist, cheesy and filling. Serve it with a side salad, vegetables, but it can definitely make a great meal on its own.

To Make this Recipe You'll Need the following ingredients:

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# STUFFED MEATLOAF ROLL RECIPE

## INGREDIENTS

2 pounds lean ground beef  
1 cup dry bread crumbs  
2 eggs beaten  
1 chopped onion  
1 chopped bell pepper  
1 cup chopped mushrooms  
1 cup chopped black olives  
3/4 teaspoon salt  
1 teaspoon leaf oregano  
1 8 oz can tomato sauce  
1 cup shredded mozzarella cheese  
1 cup shredded cheddar cheese  
2 cans crescent rolls

## STEPS

In large bowl, combine beef, crumbs, egg, onion, salt and oregano. Stir in 1/2 tomato sauce; set aside. Cut 2 pieces of waxed paper 15 inches long. Unroll crescent roll dough and don't separate. Lay end to end on top of wax paper and place second piece of wax paper on top. Now take rolling pin and roll the dough out till it's half the thickness that it was originally .Place meat mixture in center and spread out over dough Sprinkle meat with cheese, bell pepper mushrooms and olives top with remaining tomato sauce. Roll up meat, jelly-roll fashion, starting at narrow end; use wax paper to help. Place seam side down . Place in non-stick 9-1/4-in. x 5-1/2 in. x 2-3/4-in. bread pan. Bake at 375 degrees F for 30 minutes. Drain off any fat that accumulates; return to oven for 30 minutes. I also did it with pizza dough too and that one had a thicker crust and I also experimented with saran wrap instead of wax paper and that seemed to work pretty good DO NOT LEAVE THE PLASTIC

WRAP ON OR THE WAX PAPER !! Someone just asked me this and I never thought anyone would misinterpret the directions  
Source : food.com

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