

# Tomato Basil Meatloaf



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**SERVING SIZE: 6**

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## Ingredients

- 2 cups Brown Rice, Cooked
- 1 cup **Furmano's Chunky Crushed Tomatoes with Basil, Garlic and Oregano**
- 2 pounds Lean Ground Beef
- 1 teaspoon Dried Oregano
- 1/2 each Small Onion, Minced
- 1/4 teaspoon Salt
- 1/8 teaspoon Ground Pepper
- 1 tablespoon Tomato Paste
- 1/4 teaspoon Dried Basil
- 1/4 teaspoon Sugar

## In This Recipe



Chunky Crushed Tomatoes  
with Basil Garlic & Oregano  
(28 oz)

## Preparation

1. Prepare the brown rice according to instructions on package.
2. Measure one cup of Furmano's Chunky Crushed Tomatoes With Basil, Garlic and Oregano and let drain into a small saucepan.
3. Put the ground beef in a large bowl.
4. When the rice has cooled off some, add the 2 cups of cooked rice, the drained tomatoes, dried oregano flakes, minced onion, salt and pepper to ground beef.
5. Mix all together. Grease one loaf pan lightly with a little olive oil or butter.
6. Put all the ingredients in the loaf pan and use a fork to press down the mixture, so as not to leave "air pockets" in the loaf.
7. Bake in preheated oven at 350 degrees for about 45 minutes or until firm.
8. While the loaf is cooking, prepare the reserved juice from the drained tomatoes for a little sauce to drizzle over the top of the loaf when served.
9. Do this by heating the tomato juice in the small saucepan and adding 1 tablespoon of tomato paste, dried basil, a pinch of sugar, and a little salt and pepper. Simmer until thickened up a little.
10. If the sauce becomes too thick, just add a little water.

