



Pineapple Meatroll Recipe

Preparation Time	10
Cooking Time	65
Serving Size	4

Ingredients:

- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained
- 1 pc egg
- 150 g pork, ground
- 1 pc cheesedog, chopped
- 1 slice bread, white loaf, chopped
- 2 Tbsp cheese, grated
- 1/4 cup bell pepper, red, chopped
- 1 Tbsp pickle relish
- 1/4 cup onion, red, chopped
- 3/4 tsp salt
- 1/4 tsp pepper, black

Preparation:

1. Combine all ingredients. Mix thoroughly.
2. Put mixture on one end of foil. Roll to wrap then seal both ends.
3. Steam for 1 hour.
4. Cool then chill overnight. Serve with DEL MONTE Original Blend Ketchup.

Chef's Tip

The combination of the pineapple, bread, and eggs in this recipe helps to hold the ground meat together and adds moisture to the meatloaf.

Lusog Notes

This recipe provides protein which is needed for growth, maintenance and repair of body tissues.

Cooking Skills Needed

- Mixing
- Simmering

Cooking Tools

- Measuring Cups
 - Strainer
 - Chopping Board
 - Measuring Spoon
 - Aluminum Foil
 - Steamer
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