

Moms Meat Loaf

Hank Mann/ Sykes

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

1 1/2 pounds ground beef
1 cup bread crumbs
1 medium onion, chopped
1 egg, beaten
1 teaspoon salt
1/4 teaspoon pepper
1 can (8 ounce) tomato
sauce
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1 can (8 ounce) tomato
sauce
2 tablespoons dry mustard
2 tablespoons vinegar
2 tablespoons brown sugar
or molasses
1 cup water

Preheat the oven to 350 degrees.

In a bowl, lightly mix the ground beef, bread crumbs, onion, egg, salt, pepper and tomato sauce. Form into a loaf. Place the loaf in a shallow pan.

In a bowl, mix the tomato sauce, mustard, vinegar, brown sugar and water. Pour over the meat loaf.

Bake for 1-1/2 hours.

(This recipe featured on Hunt's Tomato Sauce cans for years).

Per Serving (excluding unknown items): 2847 Calories; 195g Fat (61.9% calories from fat); 143g Protein; 127g Carbohydrate; 12g Dietary Fiber; 791mg Cholesterol; 6572mg Sodium. Exchanges: 5 1/2 Grain(Starch); 17 1/2 Lean Meat; 7 1/2 Vegetable; 29 Fat; 0 Other Carbohydrates.