

Sour Cream Meat Loaf

*A Taste of Kennedy Cook Book
Best of the Best from Minnesota Cookbook*

*2 eggs
1 carton (8 ounce) sour
cream
1/4 cup milk
1/2 cup fine dry bread
crumbs
1/4 cup onion, finely
chopped
2 tablespoons snipped
parsley
1 tablespoon
Worcestershire sauce
1 tablespoon Dijon-style
mustard
1/4 teaspoon salt
1/4 teaspoon pepper
1 1/2 pounds lean ground
beef
1 package (.75 ounce)
brown gravy mix*

Preheat the oven to 350 degrees.

In a large bowl, combine the eggs, 1/2 cup sour cream and milk. Stir in the bread crumbs, onion, parsley, Worcestershire sauce, mustard, salt and pepper. Add the beef. Mix thoroughly. Pat into a 9x5x3-inch loaf pan.

Bake, uncovered, for one and one-quarter hours or until a meat thermometer registers 170 degrees.

For the gravy: In a saucepan, stir together the remaining sour cream and the gravy mix. Add water as called for on the package. Cook according to the package directions.

Serve with mashed potatoes.

Per Serving (excluding unknown items): 2516 Calories; 202g Fat (73.4% calories from fat); 144g Protein; 21g Carbohydrate; 1g Dietary Fiber; 1045mg Cholesterol; 1632mg Sodium. Exchanges: 0 Grain(Starch); 19 1/2 Lean Meat; 1/2 Vegetable; 1 Non-Fat Milk; 28 1/2 Fat; 0 Other Carbohydrates.