

Ham Loaf II

Bette Quick

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*1 1/2 pounds ground ham
1 pound ground beef
2 eggs
12 cracker squares,
crumbled
1 1/2 slices bread,
shredded
pinch salt
1/2 teaspoon powdered
onion
1 teaspoon horseradish
ketchup (to taste)*

Preheat the oven to 350 degrees.

In a bowl, mix together the ground ham, ground beef and eggs.

Add the crackers, bread, salt, powdered onion, horseradish and ketchup. Mix well. Form into twelve small loaves OR one large loaf.

Place in a greased casserole dish.

Bake for one hour.

Per Serving (excluding unknown items): 1658 Calories; 132g Fat (72.8% calories from fat); 91g Protein; 20g Carbohydrate; 1g Dietary Fiber; 810mg Cholesterol; 656mg Sodium. Exchanges: 1 Grain(Starch); 12 1/2 Lean Meat; 19 1/2 Fat; 0 Other Carbohydrates.