

# Honduran Meat Loaf Appetizer

*Rosa Maria Lanza - Tegucigalpa, Honduras  
Treasure Classics - National LP Gas Association - 1985*

## **Servings: 12**

*1 pound ground pork  
1 pound ground beef  
4 ounces ham, finely  
chopped  
2 sweet chilies, chopped  
2 tablespoons parsley,  
chopped  
salt (to taste)  
pepper (to taste)  
4 eggs  
1/2 cup ground corn flakes*

## **Preparation Time: 30 minutes**

### **Bake Time: 1 hour**

In a bowl, blend the ground beef, ground pork, ham, chilies, parsley, salt and pepper. Beat the eggs in a bowl. Add the beaten eggs and the cornflakes to the mixture. Blend well.

When the mixture is well blended, make cylinders two inches wide by eight inches long. Wrap the cylinders in aluminum foil.

Place the cylinders in a glass baking dish. Bake for one hour in a preheated 350 degree oven. Let the cylinders cool.

Refrigerate.

When ready to serve, the cylinders should be cut into slices and served on lettuce leaves.

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Per Serving (excluding unknown items): 259 Calories; 21g Fat (73.4% calories from fat); 16g Protein; trace Carbohydrate; trace Dietary Fiber; 135mg Cholesterol; 195mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 3 Fat.