

1950's Style Meatloaf

Servings: 8

1 1/2 pounds ground beef (chuck is best)
1/2 pound ground pork sausage (seasoned or not)
2 eggs, lightly beaten
1 cup fine bread crumbs
1 to 2 large cloves garlic, pressed
1 cup sweet onion, diced
1/4 cup green pepper, diced
1 teaspoon dried oregano, crushed
freshly ground pepper (to taste)
1 tablespoon Worcestershire sauce
1 package dry onion soup mix
1/2 cup milk
1 can (6 ounce) tomato paste, divided
2 to 4 strips bacon (optional), cut in half

Preparation Time: 30 minutes

Cook Time: 1 hour 15 minutes

Preheat the oven to 350 degrees.

In a large bowl, combine the ground beef, pork sausage, eggs, bread crumbs, garlic, onion, green pepper, oregano, pepper, Worcestershire sauce, soup mix, milk and one-half of the tomato paste. Gently mix only until combined. Do not overwork the meat or it will become tough.

Form the mixture into a loaf. Cover with the remaining tomato paste. Weave the bacon strips over the top.

Bake for one hour and 15 minutes. Let the meatloaf rest for 15 minutes before cutting to serve.

Start to Finish Time: 2 hours

This meatloaf version became a family favorite in many households in the 1950's. The key is in the onion soup mix and the mixture of ground beef with pork sausage for added flavor and moisture. If you do not eat pork or traditional bacon, you may substitute turkey or chicken sausage or use all ground beef. Turkey bacon is available as a substitute, or eliminate the bacon altogether. The leftovers make great sandwiches.

Per Serving (excluding unknown items): 53 Calories; 2g Fat (30.8% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 173mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	53	Vitamin B6 (mg):	.1mg
% Calories from Fat:	30.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	47.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	16mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	55mg
Carbohydrate (g):	7g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	173mg
Potassium (mg):	252mg
Calcium (mg):	40mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	16mg
Vitamin A (i.u.):	525IU
Vitamin A (r.e.):	68RE

Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 53	Calories from Fat: 16
--------------------	-----------------------

% Daily Values*

Total Fat 2g	3%
Saturated Fat 1g	4%
Cholesterol 55mg	18%
Sodium 173mg	7%
Total Carbohydrates 7g	2%
Dietary Fiber 1g	5%
Protein 3g	
<hr/>	
Vitamin A	10%
Vitamin C	27%
Calcium	4%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.