

Meat Loaf Supreme

Sue Ballard

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 pound ground pork
1 cup shredded carrots,
blended
1 teaspoon salt
dash garlic powder
1/4 teaspoon
Worcestershire sauce
1 cup (about 20) medium
saltine cracker crumbs
1 pound ground beef
1/2 cup chopped onion
1/8 teaspoon pepper
1/8 teaspoon Italian
seasoning
1 cup sour cream
MUSHROOM SAUCE
1 beef bouillon cube,
crushed
1 can (3 ounce) mushroom
slices
1/2 cup sour cream
1 tablespoon instant flour*

Preheat the oven to 350 degrees.

In a large bowl, thoroughly combine all of the ingredients.

In a large foil-lined baking pan (or two smaller pans), press the ingredients into a large loaf or two smaller loaves.

Bake for 1-1/2 hours.

Let stand for 10 minutes.

Make the mushroom sauce: Pour the drippings from the meat loaf into a saucepan. Stir in the bouillon cube, mushrooms, sour cream and flour. Heat to boiling.

Turn the meatloaf out of the pan onto a serving dish. Serve with the mushroom sauce.

Per Serving (excluding unknown items): 3434 Calories; 290g Fat (76.4% calories from fat); 166g Protein; 35g Carbohydrate; 5g Dietary Fiber; 866mg Cholesterol; 3547mg Sodium. Exchanges: 0 Grain(Starch); 22 Lean Meat; 3 1/2 Vegetable; 1 Non-Fat Milk; 45 1/2 Fat; 0 Other Carbohydrates.