

# Tangy Meat Loaf

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 8

*2 eggs, beaten*

*1 carton (8 ounce) onion*

*sour cream dip*

*1 teaspoon salt*

*dash pepper*

*1 cup (20 crackers) ritz  
crackers, medium crushed*

*1/2 cup chopped celery*

*1/2 cup shredded carrot*

*1 pound ground beef*

*1 pound ground pork*

Preheat the oven to 350 degrees.

In a bowl, combine the eggs, crumbs, onion, dip, celery, carrot, salt and pepper. Add the ground beef and ground pork. Mix thoroughly.

Form a loaf in a 9x5x3-inch loaf pan.

Bake for 1-1/2 hours.

Remove from the oven. Let stand for 10 minutes. Drain off the excess fat.

Transfer to a serving platter.

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Per Serving (excluding unknown items): 348 Calories; 28g Fat (74.5% calories from fat); 21g Protein; 1g Carbohydrate; trace Dietary Fiber; 142mg Cholesterol; 364mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 4 Fat.