

# Ham Loaf IV

Carol Carter - Sheppton, PA  
Treasure Classics - National LP Gas Association - 1985

## Servings: 6

*1 1/2 pounds ground ham,  
put through a blender  
1 1/2 pounds ground pork  
1 1/2 cups saltine crackers,  
crushed  
3/4 cup milk  
3 eggs  
BASTING SAUCE  
3/4 cup brown sugar  
1/4 cup water  
1/4 cup vinegar  
1/2 tablespoon mustard*

## Preparation Time: 8 minutes

### Bake Time: 1 hour 30 minutes

In a bowl, mix the ground ham, ground pork, saltines, milk and eggs.

Form the mixture into a loaf. Place the loaf into a bread pan.

In a bowl, mix together the brown sugar, water, vinegar and mustard. Use it to baste the loaf.

Bake the loaf in a 350 degree oven for approximately one and one-half hours, basting with the brown sugar mixture.

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Per Serving (excluding unknown items): 681 Calories; 35g Fat (46.1% calories from fat); 29g Protein; 62g Carbohydrate; 2g Dietary Fiber; 192mg Cholesterol; 907mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 0 Non-Fat Milk; 5 Fat; 1 Other Carbohydrates.