

Ham Loaf V

Donna Jean Becker - Dayton's Bismarck

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 pound ground ham

1 pound ground beef

2 eggs, slightly beaten

1/2 cup finely crushed cracker crumbs

1/2 cup milk

1/2 to one cup chopped onions

2 ounces (1/2 cup) shredded Cheddar cheese (optional)

Preheat the oven to 350 degrees.

In a large bowl, combine the ham, ground beef, eggs, cracker crumbs, milk and onions. Shape into a loaf. Place the loaf in a shallow baking dish or loaf pan.

Bake for about one hour. Remove from the oven. Sprinkle with cheese, if using.

Bake until the cheese melts, 5 to 7 minutes longer.

Let stand for 5 to 10 minutes before slicing.

Pork

Per Serving (excluding unknown items): 1651 Calories; 135g Fat (74.5% calories from fat); 93g Protein; 11g Carbohydrate; Cholesterol; 510mg Sodium. Exchanges: 12 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 19 1/2 Fat.