

## *Meatloaf with Sweet & Sour Sauce*

Author: *A Military Wives' Cookbook from the 1960's*

**Carolyn T's  
Cookbook**

Servings: 6



*Notes: This was a mainstay of my cooking repertoire when the kids were growing up; in fact, they all learned to make it when they had kitchen duty. When they were in high school the kids traded nights when they were responsible for cooking dinner. I think this was a favorite for all of them. Over the years I began to double the sauce recipe because we loved to spoon the sauce over the mashed potatoes, and we never seemed to have enough sauce. The original recipe said you could use either tomato paste or sauce, but we prefer the sauce. If using paste, increase the water in the sauce as it will be too thick. You want the sauce to stick some to the meatloaf, although most of it drips down into the pan.*

**Preparation Time: 30 minutes**

**Start to Finish Time: 1 hour 30 minutes**

1. Preheat oven to 375. In a large bowl combine beef, egg, crumbs, tomato sauce, onion and spices. Mix just enough to combine the ingredients; no more. Mound into a loaf shape and place in baking dish somewhat larger than the meatloaf with at least 1-inch sides. It's better to use a higher sided dish than a lower, flatter dish.
2. In same bowl combine the sauce ingredients: tomato sauce, water, vinegar, sugar, mustard and Worcestershire. Mix to blend in the brown sugar, then gently pour over the meatloaf. Bake for 1 hour and 10 minutes. Allow to cool for 5 minutes, then slice and serve with more sauce on each slice.

### **MEATLOAF:**

- 1 1/2 pounds lean ground beef*
- 1 whole egg, beaten*
- 1/2 cup bread crumbs*
- 2 ounces tomato sauce*
- 1 medium onion, minced*
- 1/2 teaspoon salt*
- 1/4 teaspoon pepper*
- 2 teaspoons Italian herbs*

### **SAUCE:**

- 4 ounces tomato sauce*
- 1/4 cup water*
- 1 tablespoon vinegar*
- 2 tablespoons brown sugar*
- 2 teaspoons Dijon mustard*
- 1 tablespoon Worcestershire sauce*

*Serving Ideas: In our family it MUST be served with mashed potatoes!*

**Suggested Wine: Hearty red**

**Carolyn T's Blog:**

**<http://tastingspoons.blogspot.com>**

*Per Serving (excluding unknown items): 378 Calories; 25g Fat (60.3% calories from fat); 23g Protein; 14g Carbohydrate; 1g Dietary Fiber; 120mg Cholesterol; 564mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.*