

# Ham Loaf

Author: From 1971 from a friend of my mother's, Nan Watson.



Servings: 8

*1 1/2 pounds lean ground beef*

*1/2 pound ground pork*

*1/2 pound ham, ground*

*2 cups saltine cracker crumbs*

*1 cup milk*

*2 whole eggs, beaten*

*salt and pepper, to taste*

**BASTING MIXTURE:**

*2 teaspoons dry mustard*

*3/4 cup brown sugar*

*1/2 cup cider vinegar*

**SAUCE:**

*1 cup sour cream*

*2 teaspoons Dijon mustard*

*1 teaspoon horseradish, or to taste*

*salt and pepper, to taste*

*Serving Ideas: The basting liquid is sweet, and serving the sour cream sauce with it makes this a rich tasting dinner. Serve with a green vegetable, a salad, and an easy carb like a baked potato or rice.*

---

Per Serving (excluding unknown items): 595  
Calories; 37g Fat (57.2% calories from fat); 30g  
Protein; 33g Carbohydrate; 1g Dietary Fiber;  
170mg Cholesterol; 785mg Sodium. Exchanges:  
1 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 5  
Fat; 1 Other Carbohydrates.  
Preparation Time: 30 minutes

***This is a wonderful way to use leftover ham.***

*The proportions of beef to pork to ham can be altered a little bit - ideally, though, you'll have more beef than either of the other two.*

**From Carolyn T's Food Blog, Tasting Spoons: <http://tastingspoons.com>**

1. Preheat oven to 350°. Mince up the ham, or use a food processor. Combine the ham, beef and pork, then add cracker crumbs, milk, eggs. Since ham is often salty, be very gentle adding additional salt. Season with pepper and shape the mixture into a loaf shape and place in a baking dish. Pour the brown sugar mixture over the loaf.
2. Sauce: combine the sour cream, mustard, horseradish and seasonings. Cover and refrigerate for several hours before serving.
3. Bake for about an hour and fifteen minutes, basting the loaf several times with the liquid in the baking pan. Remove from oven and allow to sit for about 5 minutes. Serve with the sour cream sauce drizzled over it.