



Mom's Sweet and Sour Meat Loaf

Ingredients:

1 medium onion
12 Saltines
1 pound ground round
1 egg
1 tsp salt
dash pepper
1 8 oz. can tomato sauce
2 Tbsp vinegar
2 Tbsp brown sugar
 $\frac{1}{4}$ tsp dried mustard
 $\frac{2}{3}$ cup water

Directions:

Preheat oven to 350 degrees F. In the work bowl of a food processor fitted with the steel chopping blade*, chop onion. Add saltines and chop until crumbled. Add beef, egg, salt, pepper, and $\frac{1}{2}$ of the can of tomato sauce. Process until well-combined. Form mixture into a loaf in a 9-inch round or square glass Pyrex dish. Mix remaining tomato sauce with vinegar, brown sugar, and mustard. Pour over loaf. Pour the water around the outside of the loaf. Bake in preheated oven for one hour. Allow to stand five minutes before slicing. Strain sauce in pan. Serve meatloaf with sauce. Serves 4.

-submitted by Liz Colombo

*The original, old-fashioned version of this recipe calls for chopping and mixing the ingredients by hand: using a food processor helps streamline the process.