

# VEAL LOAF

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comments

This is a Johnston family favorite and a great substitute for the traditional meat loaf.

notes

Preheat oven to 350 degrees.

It's a good idea to let the meat sit out a little to warm up, since you'll probably mix it with your hands.

You can serve it with gravy, but it is very moist and really doesn't need it.

## Ingredients

prepare in advance

**Have butcher grind together**

2 lbs. veal  
1/2 lb. pork

**Dice**

1/2 C (or more) onions

**Measure**

2 tsp. salt  
1/4 tsp. pepper

**Crush**

2 cloves garlic  
2/3 of a stick of square saltine crackers (26 squares)

**Have available**

1 egg  
14-16 oz. can of stewed tomatoes (chop up a little)  
Small can of mushrooms

complete recipe

Mix together (in this order), the egg, stewed tomatoes, crackers, onions, mushrooms, garlic, salt and pepper.

Add this mixture to the meat and mix well.

Put into meat loaf pan, pressing down to eliminate empty spots. Push the meat loaf down around the edges of the pan, so that juices can collect there (leaves a hump in the middle).

Bake 45 min. to 1 hour at 350 degrees.

Juices can be removed by baster just before finishing; skim off fat; use rest for gravy, if you wish.