

# Dutch Meat Loaf

## Ingredients

- 1 1/2 lbs ground beef
- 1 cup bread crumbs or cornbread
- 1 Egg, beaten
- 1 med. onion, chopped (opt)
- 1/2 salt
- 1/4 pepper
- 1/2 can tomato sauce
- sauce
- 1/2 can tomato sauce
- 2 tbsps vinegar
- 2 tbsps brown sugar
- 2 tbsps prepared mustard
- 1 cup water

## Instructions

Meat Loaf: Mix ground beef, breadcrumbs or cornbread, beaten egg, chopped onion, salt and pepper, and ½ can of tomato sauce and shape into a loaf and place in shallow baking pan.  
Sauce: Mix well. Pour over meat loaf and bake 1 1/2 hours @ 350°, basting occasionally.

## Summary

**Yield:** 4

**Source:** Cindy Carswell,  
Brenda Covington

**Prep Time:** 20 minutes

**Category:** Meats

**Cuisine:** American

**Tags:** Dutch Meat Loaf

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## Notes

Recipe submitted by Cinda Carswell.

Recipe by Brenda Covington

Recipe Note: Originally from Uncle Johnny Allen.