

Ingredients

- 1 lb ground beef
- 1 med onion minced
- 12 saltine crackers crushed
- Dash of pepper
- ½ tsp salt
- 1 8 oz can tomato sauce, divided
- 2 egg whites
- 2 tbsp vinegar
- ½ tsp dry mustard
- 2 tbsp brown sugar
- 2/3 cup water



1. Mix beef, onion, crackers, pepper, salt, ½ cup tomato sauce and egg whites in a pie pan or baking dish.
2. Form a round loaf.
3. Mix remaining tomato sauce, vinegar, mustard and brown sugar. Pour over meat loaf.
4. Pour water around edge of loaf.
5. Bake 1 hr at 350 or until done.