

Grandma's Swedish Meat Loaf

Unit: large skillet

½ Cup sour cream

2 - Eggs, slightly beaten

1 - tsp. salt

1-Can cream of mushroom soup

(Pacific organic brand)

1.5 lb - Ground beef

½- Cup fine bread crumbs

¼ - tsp. ground nutmeg

Mix thoroughly beef, eggs, bread crumbs, nutmeg and 1/3 cup of soup. Place firmly into a cold skillet and cover the skillet. Rotate the valve under the knob to the open position and turn the unit on medium heat. When the valve activates, reduce the heat to just above low heat for 20 minutes.

Blend the remaining soup with the sour cream. Heat on low heat in a small unit about 10 minutes before you want to eat. Serve the mixture over the sliced loaf and sprinkle with additional nutmeg.

(The pacific brand of soup has very little sodium (670mg). If you use a brand with more sodium in it, reduce the salt in the recipe to ½ tsp.)