

Basic Spam Loaf

The Tampa Tribune

Serves 4-6

Ingredients

- 2 cans (12 oz.) Spam, ground
- 1 1/2 cups quick rolled oats, or fresh bread crumbs
- 2 eggs, beaten
- 2 Tbsp brown sugar
- 1/2 cup ketchup
- 1/2 cup pineapple juice or other
- Salt and pepper
- 1 package ham flavoring

Instructions

1. Place Spam and oats in a large bowl.
2. Mix remaining ingredients in a separate bowl, then pour into bowl with Spam and mix well.
3. Spoon into a greased loaf pan.
4. Bake in a preheated 350°F oven 45-50 minutes.
5. Remove and let rest 5 minutes for better slicing.

Editor's Notes

- ****Optional variations noted on back of card:**** (1) Add 1 1/2 cups each of grated carrots or onions; (2) substitute salsa for ketchup, replacing pineapple juice with tomato juice or V-8; (3) add leftover cheese scraps.

BASIC SPAM LOAF

THE TAMPA TRIBUNE

2 cans (12 oz.) Spam
ground
1½ c. quick rolled oats,
or fresh bread crumbs
2 eggs, beaten
2 T. brown sugar

½ c. ketchup
½ c. pineapple
juice or other
Salt and Pepper
1 package ham
flavoring

Place Spam and oats in a large bowl. Mix remaining ingredients in a separate bowl, then pour into bowl with Spam and mix well. Spoon into a greased loaf pan. Bake in a preheated 350 degree oven 45-50 minutes. Remove and let rest 5 minutes for better slicing.
Serves 4-6. (OVER)

*****NOTE: You can add grate vegetables such as carrots or onions (1½ cup each). And substitute salsa for ketchup, in which case replace pineapple juice with tomato juice or V-8. Incidentally, a few scraps of leftover cheese won't go amiss.