

Ham Loaf

- Ham Loaf is a meat mixture that is generally used as the main ingredient in a meat dish.
- Ham Loaf can be purchased from Fareway grocery stores, located in Iowa, with a few stores located in other states bordering Iowa.
- Ham Loaf, according to Fareway, is 1/3 Fresh Ground Pork and 2/3 Smoked Whole Muscle Ham - ground together.
- Ham Loaf was first introduced to me by my mother, Sandy Conrad in the form of Ham Balls.

Ham Balls

These are delicious hand-formed meat balls that are baked and have a sweetened tomato sauce poured over them. Ham Balls use Ham Loaf as their main ingredient.

Follow this link for my mother's Ham Ball recipe: http://www.beletti.com/?page_id=1576