

Meatloaf

Recipe Component: Meat

Recipe Category: Main Dish

Recipe # D-28 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	6 oz	$\frac{2}{3}$ cup			<p>1. In a mixer with paddle attachment, combine tomato paste, broth, eggs, oats, and milk. Mix for 2 minutes on medium speed.</p> <p>2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.</p> <p>3. Into each pan (9" x 13" x 2"), place 5 lb 2 $\frac{1}{4}$ oz (2 qt 2 cups) of meat mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Press mixture into pans. Smooth top.</p> <p>5. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes) CCP: Heat to 165° F or above for 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher.</p> <p>6. Drain fat from pans. Let meat loaf stand 20 minutes.</p> <p>7. CCP: Hold for hot service at 135° F or above.</p> <p>8. Cut each pan into 5 x 5 pieces (25 pieces). Serving is 1 piece.</p>
Beef broth, low sodium, non-MSG		2 cup			
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh eggs, large	8 oz	1 cup OR 5 each			
Rolled oats	16 oz	1 qt 2 cup			
Nonfat or low fat milk		1 cup			
Raw ground beef (no more than 10% fat)	7 lbs 14 oz				
*Fresh onions, chopped OR Dehydrated onions	9 oz	1 $\frac{1}{2}$ cup OR $\frac{1}{4}$ cup 2 Tbsp			
*Fresh celery, chopped	1 lb	3 $\frac{3}{4}$ cups			
Dried parsley		2 Tbsp			
Ground black or white pepper		1 tsp			
Granulated garlic (opt)		1 $\frac{1}{2}$ tsp			
Dried basil		$\frac{1}{2}$ tsp			
Dried oregano		$\frac{1}{2}$ tsp			
Dried marjoram		$\frac{1}{4}$ tsp			
Dried thyme		$\frac{1}{4}$ tsp			

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Notes:

Modified by replacing powdered milk and water with fluid milk. Nutrients calculated using Food Processor.

*Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onion	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

Serving: 1 slice provides 2 oz cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread

1-2 years: 1/2 piece

3-5 years: 3/4 piece

6-18 years: 1 piece

Nutrients Per Serving

Calories	179.20	Saturated Fat	3.13 g	Iron	2.16 mg
Protein	16.74 g	Cholesterol	65.33 mg	Calcium	28.56 mg
Carbohydrate	8.28 g	Vitamin A	17.87 RAE mcg	Sodium	85.07 g
Total Fat	8.43 g	Vitamin C	1.34 mg	Dietary Fiber (2016)	1.34 g