

# Meatloaf

Recipe Component: Meat

Recipe Category: Main Dish

Recipe # D-28 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste, canned, low sodium	6 oz	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 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><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>5. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes) seconds.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds.</i></p> <p>6. Drain fat from pans. Let meat loaf stand 20 minutes.</p> <p>7. 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			
Milk, nonfat or low fat		1 cup			
Ground beef, raw, no more than 10%	7 lbs 14 oz				
*Onions, raw, chopped OR Dehydrated onions	9 oz	1 1/2 cup OR 1/4 cup 2 Tbsp			
*Celery, fresh, chopped	1 lb	3 3/4 cups			
Parsley, dried		2 Tbsp			
Ground black or white pepper		1 tsp			
Granulated garlic (adjust as needed)		1 1/2 tsp			
Basil, dried		1/2 tsp			
Oregano, dried		1/2 tsp			
Marjoram, dried		1/4 tsp			

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Thyme, dried		¼ tsp			<p><i>Continued</i>  <i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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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 ½ slice of bread

1-2 years: ½ piece

3-5 years: ¾ piece

6-18 years: 1 piece

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