

Meatloaf

50 Servings

2 oz. eq. m/ma



Ingredients	For 100 servings		Directions
	Weight	Measure	
Tomato Paste, canned		14 oz.	Combine tomato paste, milk, and stock in a mixer for 2 minutes on medium speed.
Milk		1 ¼ cup	
Beef Stock		2 cups	
Beef, ground, 80/20		8 ½ lbs.	Add ground beef, oats, eggs, onions, celery, parsley, pepper, garlic, and spices to the tomato mixture. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX. Place mixture into a full size, 2/5" hotel pan which has been sprayed with pan release spray. Press mixture into pan. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves. Bake: Conventional oven: 350 degrees F for 1 ¼ - 1 ½ hours. Convection oven: 275 degrees F for 1 - 1 ¼ hours. Or until internal temperature reaches 165 degrees F for at least 15 seconds.
Oats	14 oz.		
Eggs, whole		4 each	
Onion, diced		1 large	
Celery, diced		1 cup	
Parsley, dried		¼ cup	
Garlic, granulated		1 T.	
Pepper, Black, ground		1 ½ t.	
Basil, dried leaves		¾ t.	
Oregano, dried leaves		¾ t.	
Marjoram, dried leaves		¾ t.	
Thyme, dried leaves		¼ t.	



			<p>Drain fat from pans. Let meatloaf stand for 20 minutes before slicing. Slice each loaf into 25 pieces approximately ¾" thick.</p> <p><u>SERVING IDEA</u> (pictured above): For April Fool's Day – Serve "Meatloaf Cupcakes", each with a scoop of mashed potato on top and a ketchup "cherry". Bake individual meatloaf cupcakes in muffin tins using a ½ cup scoop. Bake for 20-25 minutes or until internal temperature of 165 degrees F for at least one minute is reached.</p>
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Serving size and yield	
Serving size:	1 Slice
Yield:	50 Sandwiches

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	350	1 ¼ - 1 ½ hrs
Convection:	275	1 – 1 ¼ hrs

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:		ounce equivalents
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	212	Total fat (g)	11.1	Cholesterol (milligrams (mg))	83.2	Sodium (mg)	113.05	Iron (mg)	2.11
Protein (grams (g))	18.9	Saturated fat (g)	4.19	Total sugars (g)	.99	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	8.5	Trans fat (g)	0	Dietary fiber (g)	1.4	Calcium (mg)	38.47		