

# Meat Loaf

Meat

Main Dishes

D-28

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	1. Combine tomato paste, water, stock, and dry milk in mixer. Mix on medium speed for 2 minutes.
Water		1/2 cup		1 cup	
Beef Stock		1 cup		2 cups	
Instant nonfat dry milk		1/2 cup		1 cup	
Raw ground beef (no more than 24% fat)	4 lb 4 oz		8 lb 8 oz		2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Rolled oats	7 oz	2 3/4 cups	14 oz	1 qt 1 1/2 cups	
Fresh large eggs OR		2 each		4 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Dehydrated onions OR		2 Tbsp		2 tsp	1/3 cup
*Onions, chopped	4 oz	2/3 cup	8 oz	1 1/3 cup	
*Fresh celery, chopped	4 oz	3/4 cup	8 oz	3 Tbsp	1 3/4 cups
Parsley flakes		2 Tbsp			1/4 cup
Black pepper		3/4 tsp			1 1/2 tsp
Garlic powder		1 1/2 tsp			1 Tbsp
Seasonings: Flaked basil		1/2 tsp			3/4 tsp
Flaked oregano		1/2 tsp			3/4 tsp
Flaked marjoram		1/4 tsp			1/2 tsp
Flaked thyme		1/16 tsp			1/8 tsp
					3. For 50 servings, place 12 lb 14 oz (1 gal 3 3/4 qt) mixture into each steamtable pan (12" x 20" x 2 1/2"). For 25 servings, place 6 lb 7 oz (3 qt 3 1/2 cups) into a half-steamtable pan (12" x 10" x 2 1/2").
					4. Press mixture into steamtable pans. Smooth top. For 50 servings, separate mixture down the middle lengthwise into 2 equal loaves. For 25 servings, shape mixture into 1 loaf.

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	<p>5. CCP Heat to 155 degrees F or higher for at least 15 seconds.</p> <p>Or, if homemade stock is used:            Conventional Oven: 350 degrees F (1 1/4-1 1/2 hours)            Convection Oven: 275 degrees F (1-1 1/4 hours)</p> <p>CCP Heat to 165 degrees F or higher for at least 15 seconds.</p>
	<p>6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, each approximately 3/4" thick.</p> <p>CCP Hold for hot service at 140 degrees F or higher.</p>
	<p>7. Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).</p>
*See Marketing Guide	

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	4 1/2 oz	9 1/2 oz
Celery	5 oz	9 3/4 oz

SERVING:	YIELD:	VOLUME:
1 slice (3/4" thick) provides 2 oz of cooked lean meat and the equivalent of 1/4 slice of bread	<p><b>25 Servings:</b> 1 loaf (25 slices)</p> <p><b>50 Servings:</b> 2 loaves (50 slices)</p>	<p><b>25 Servings:</b></p> <p><b>50 Servings:</b></p>

## Nutrients Per Serving

<b>Calories</b>	203	<b>Saturated Fat</b>	3.7 g	<b>Iron</b>	2.2 mg
<b>Protein</b>	16 g	<b>Cholesterol</b>	69 mg	<b>Calcium</b>	38 mg
<b>Carbohydrate</b>	9 g	<b>Vitamin A</b>	32 RE/265 IU	<b>Sodium</b>	130 mg
<b>Total Fat</b>	11.1 g	<b>Vitamin C</b>	4 mg	<b>Dietary Fiber</b>	1 g