

Meat Loaf

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef stock, non-MSG		2 cups		1 qt	
Frozen whole eggs, thawed	8 oz	$\frac{3}{4}$ cup 3 Tbsp	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp	
OR Fresh large eggs (see Special Tip)		OR 5 each		OR 9 each	
Rolled oats	14 $\frac{1}{2}$ oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups	
Instant nonfat dry milk	2 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup 2 Tbsp	4 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cups	
Raw ground beef (no more than 20% fat)	7 lb 14 oz		15 lb 12 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 2-3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, finely chopped	9 oz	1 $\frac{1}{2}$ cups	1 lb 2 oz	3 cups	
OR Dehydrated onions	OR $\frac{3}{4}$ oz	OR $\frac{1}{4}$ cup 2 Tbsp	OR 1 $\frac{1}{2}$ oz	OR $\frac{3}{4}$ cup	
*Fresh celery, finely chopped	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	
Dried parsley		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
Dried basil		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried oregano		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried marjoram		$\frac{1}{2}$ tsp		1 tsp	
Dried thyme		$\frac{1}{2}$ tsp		1 tsp	
Salt		1 tsp		2 tsp	
					3. Place 12 lb 14 oz (1 gal 2 $\frac{3}{4}$ qt) mixture into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Press mixture into steamtable pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves.

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	5. Bake: Conventional oven: 350° F for 1 ½ hours Convection oven: 275° F for 1 ¼ hours CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.
	6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately ¾" thick. CCP: Hold for hot service at 135° F or higher.
	7. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	11 oz	1 lb 6 oz
Celery	1 lb 4 oz	2 lb 8 oz

SERVING:	YIELD:	VOLUME:
1 slice (¾" thick) provides 2 oz equivalent meat/meat alternate and ½ serving grains/breads.	50 Servings: about 11 lb 4 oz	50 Servings: 1 gallon 2 ¾ quarts (raw) 2 loaves, 25 slices each
	100 Servings: about 22 lb 8 oz	100 Servings: 3 gallons 1 ½ quarts (raw) 4 loaves, 25 slices each

Tested 2004

Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups

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water in place of eggs.

Nutrients Per Serving					
Calories	195	Saturated Fat	4.22 g	Iron	2.23 mg
Protein	17.05 g	Cholesterol	67 mg	Calcium	47 mg
Carbohydrate	8.00 g	Vitamin A	154 IU	Sodium	122 mg
Total Fat	10.29 g	Vitamin C	2.9 mg	Dietary Fiber	1.3 g