

# Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		<ol style="list-style-type: none"> <li>In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.</li> <li>Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Glaze: In a saucepan over low heat, dissolve brown sugar, dry mustard, and catsup until smooth.</li> </ol>
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	1/3 cup OR 3 Tbsp	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	
*Fresh celery, 1/4" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 2/3 cups	14 oz	1 qt 1 1/3 cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 1/4 cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 1/4 cups	1 lb 8 oz	2 1/2 cups	
Canned tomato paste		2 Tbsp	2 oz	1/4 cup (1/8 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Brown sugar	4 oz	1/2 cup	8 oz	1 cup	
Dry mustard		1 1/2 tsp		1 Tbsp	
Catsup	12 oz	1 1/3 cups	1 lb 8 oz	2 2/3 cups	

# Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

- Baste each 5 lb 4 oz meat loaf evenly with 1 cup of glaze.

Bake:

Conventional oven: 350° F for 60 minutes

Convection oven: 325° F for 50 minutes

Bake for half of directed time. Remove from oven and baste each meat loaf with ½ cup of glaze. Bake for remainder of directed time.

CCP: Heat to 165° F or higher.

- CCP: Hold for hot service at 140° F or warmer.

Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servinas
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 5 lb 10 oz <b>50 Servings:</b> 11 lb 4 oz	<b>25 Servings:</b> 1 pan <b>50 Servings:</b> 2 pans
	Edited 2014	

# Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

## Nutrients Per Serving

<b>Calories</b>	193	<b>Saturated Fat</b>	2.32 g	<b>Iron</b>	2.03 mg
<b>Protein</b>	12.91 g	<b>Cholesterol</b>	79 mg	<b>Calcium</b>	44 mg
<b>Carbohydrate</b>	19.48 g	<b>Vitamin A</b>	382 IU	<b>Sodium</b>	547 mg
<b>Total Fat</b>	7.09 g	<b>Vitamin C</b>	5.1 mg	<b>Dietary Fiber</b>	1.6 g