

Mexican Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04B

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		<p>1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.</p> <p>2. 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.</p> <p>3. Prepare Salsa (C-03). Baste each pan evenly with $\frac{2}{3}$ cup of salsa.</p> <p>Bake: Conventional oven: 350° F for 15 minutes Convection oven: 325° F for 15 minutes</p>
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	$\frac{1}{3}$ cup OR 3 Tbsp	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	
*Fresh celery, $\frac{1}{4}$ " diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 $\frac{2}{3}$ cups	14 oz	1 qt 1 $\frac{1}{3}$ 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 $\frac{1}{4}$ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 $\frac{1}{4}$ cups	1 lb 8 oz	2 $\frac{1}{2}$ cups	
Canned tomato paste		2 Tbsp	2 oz	$\frac{1}{4}$ cup ($\frac{1}{8}$ 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	
Salsa (C-03)	11 oz	1 $\frac{1}{3}$ cups	1 lb 6 oz	2 $\frac{2}{3}$ cups	

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	<p>4. Remove from oven and baste each pan evenly with $\frac{2}{3}$ cup of salsa.</p> <p>Bake: Conventional oven: 350° F for 45 minutes Convection oven: 325° F for 35 minutes.</p> <p>CCP: Heat to 165° F or higher.</p> <p>5. CCP: Hold for hot service at 140° F or warmer.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{8}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.	25 Servings: 5 lb 1 oz	25 Servings: 1 pan
	50 Servings: 10 lb 2 oz	50 Servings: 2 pans
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Nutrients Per Serving					
Calories	165	Saturated Fat	2.32 g	Iron	1.93 mg
Protein	12.79 g	Cholesterol	79 mg	Calcium	41 mg
Carbohydrate	12.14 g	Vitamin A	252 IU	Sodium	416 mg
Total Fat	7.06 g	Vitamin C	4.8 mg	Dietary Fiber	1.5 g