

Tiny Meat Loaves

Meat-Vegetable-Grains/Breads

Main Dishes

D-04C

Ingredients	24 Servings		48 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. Using a No. 12 scoop ($\frac{1}{3}$ cup), portion meat mixture and shape into meat loaves. Place meat loaves (3 x 4) onto pans (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans.</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	

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3. Bake:
 Conventional oven: 350° F for 30 minutes
 Convection oven: 325° F for 30 minutes
 If desired, baste tiny meat loaves with meat glaze (D-04A) or Salsa (C-03) before baking. Bake for 15 minutes as directed. Remove from oven and baste again and continue baking for 15 minutes.

CCP: Heat to 165° F or higher.

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

Portion is 1 loaf.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 loaf provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	24 Servings: 4 lb 12 oz 48 Servings: 9 lb 8 oz	24 Servings: 24 loaves 48 Servings: 48 loaves
Edited 2014		

Nutrients Per Serving

Calories	168	Saturated Fat	2.41 g	Iron	1.93 mg
Protein	13.19 g	Cholesterol	83 mg	Calcium	40 mg
Carbohydrate	11.77 g	Vitamin A	254 IU	Sodium	400 mg
Total Fat	7.33 g	Vitamin C	3.2 mg	Dietary Fiber	1.5 g