

Meat Loaf

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup (½ 12 oz can)	<ol style="list-style-type: none"> In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX. Into each pan (9" x 13" x 2"), place 5 lb 2 ¼ oz (2 qt 2 cups) of meat mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Press mixture into pans. Smooth top.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		
*Fresh onions, chopped	4 ½ oz	¾ cup	9 oz	1 ½ cups	
OR		OR		OR	
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅙ tsp		¼ tsp	
Dried thyme		⅙ tsp		¼ tsp	

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5. Bake:
 Conventional oven: 325° F (1 hour)
 Convection oven: 275° F (50 minutes)

CCP: Heat to 165° F or higher.
 OR
 If using homemade stock, CCP: Heat to 165° F or higher.

6. Drain fat from pans. Let meat loaf stand 20 minutes.

7. 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 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	25 Servings: 4 lb 5 oz	25 Servings: 1 pan 25 pieces
	58 Servings: 8 lb 10 oz	58 Servings: 2 pans 50 pieces
Tested 2004		

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

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Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-28

Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g