

MEAT LOAF USDA

SERVINGS: 50

CALORIES: 195 KCAL

This juicy meatloaf has lots of flavor! Ground beef, rolled oats and savory spices create the perfect comfort food.

INGREDIENTS

- 6 ounces Canned tomato paste
- 1 cup Water
- 2 cups Beef Stock, non-MSG
- 8 ounces Frozen whole eggs, thawed (or 5 fresh large eggs)
- 14½ ounces Rolled oats
- 2¼ ounces Instant nonfat dry milk
- 7.875 pounds Raw ground beef (7 pounds, 14 ounces)
- 9 ounces Fresh onions, finely chopped (or ¾ ounce dehydrated onions)
- 1 pound Fresh celery, finely chopped
- ¼ cup Dried parsley
- 1 tablespoon Ground black or white pepper
- 1 tablespoon Granulated garlic
- ¾ teaspoon Dried basil
- ¾ teaspoon Dried oregano
- ½ teaspoon Dried marjoram
- ½ teaspoon Thyme
- 1 teaspoon Salt, kosher

INSTRUCTIONS

1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
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 OVER MIX.
3. Place 12 lb 14 oz (1 gal 2 ¾ qt) mixture into each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan.
4. Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves.
5. Bake:
Conventional oven: 350° F for 1 ½ hours
Convection oven: 275° F for 1 ¼ hours
6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately ¾" thick.
7. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).

RECIPE NOTES

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.

CCP: Hold for hot service at 135° F or higher.

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 1/2 oz (3/4 cup 2 Tbsp) dried whole eggs and 3/4 cup 2 Tbsp water in place of eggs.

Crediting: 1 slice (3/4" thick) provides 2 oz equivalent meat/meat alternate and 0.5 oz grain equivalent

NUTRITION FACTS PER SERVING (1SLICE)

Calories: 195 kcal | Fat: 10.29 g | Saturated fat: 4.22 g | Cholesterol: 67 mg | Sodium: 122 mg | Carbohydrates: 8 g | Fiber: 1.3 g | Protein: 17.05 g | Calcium: 470 %

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.