

**MEATLOAF**

MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

| <b>INGREDIENT</b>                      | <b>MEASURE (FOR 100 SERVINGS)</b> |
|--|-----------------------------------|
| Buns, Hamburger, WGR, #1229            | 7 bun(s)                          |
| Beef, Ground, 80/20, #1001             | 18 pound(s) + 12 ounce(s)         |
| Onions, Frozen, Diced, #1610           | 1 quart(s) + 3/4 cup(s)           |
| Sauce, Worcestershire, Bulk, #2258     | 3 3/4 cup(s) + 2 tablespoon(s)    |
| Eggs, Whole, Fresh, #1318              | 3 3/4 cup(s)                      |
| Salt, Table, #2219                     | 1 tablespoon(s)                   |
| Pepper, Black, Ground, #2718           | 1 tablespoon(s)                   |
| Garlic Powder, #2709                   | 1 tablespoon(s)                   |
| Onion Powder, #2714                    | 1 tablespoon(s)                   |
| Sauce, BBQ, Hickory Smoke, #2253       | 1 1/2 quart(s)                    |
| Mustard, Prepared, Yellow, Bulk, #2251 | 1/4 cup(s)                        |
| Sugar, Brown, #2024                    | 1 1/4 cup(s) , packed             |

**DIRECTIONS**

- To make breadcrumbs, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs.  
Break buns into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Place ground beef in large mixer bowl with paddle attachment.  
Combine ingredients onions through onion powder with ground beef. Mix well for 2 minutes on medium speed.
- Shape into loaves and place in steamtable pans (2 loaves per pan, running the length of the pan).
- To bake:  
Conventional oven: 350 degrees F for 1 hour.  
Convection oven: 275 degrees F for 50 minutes.  
Combi oven: 325 degrees F for 45 minutes.
- Combine barbecue sauce, mustard, and brown sugar. Mix ingredients well to combine.
- Remove meatloaf from oven and pour one cup of barbecue sauce topping on each meatloaf.  
Place back in oven and bake an additional 20 - 25 minutes.  
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Slice each loaf into 20 servings. Portion one slice per serving. Each portion provides 2 oz. eq. of meat/meat alternate.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

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**PRODUCTION NOTES**

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

When shaping meat into loaves, wrap in plastic wrap, securing ends by twisting plastic together. This will look like a large sausage. Then wrap in aluminum foil and place in pan to bake. Bake for about 45 minutes before removing aluminum foil and wrap and adding barbque topping to top. This method adds flavor and makes for easier pan clean-up.

**NUTRIENTS PER SERVING**

|               |         |               |         |           |           |           |        |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories      | 231     | Dietary Fiber | 0.37 g  | Sodium    | 373.95 mg | Sat. Fat  | 4.62 g |
| Carbohydrates | 10.62 g | Protein       | 19.39 g | Total Fat | 11.99 g   | Trans Fat | 0.00 g |