

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Buns, Hamburger, WGR, #1229	7 buns
Beef, Gound, 80/20, #1001	18 pounds + 12 ounces
Onions, Frozen, Diced, #1610	1 quart + 1/2 cups
Sauce, Worcestershire, Bulk, #2258	1/2 cup
Eggs, Whole, Fresh, #1318	15 eggs
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	1 tablespoon
Garlic Powder, #2709	1 tablespoon
Onion Powder, #2714	1 tablespoon
Sauce, BBQ, Hickory Smoke, #2253	1 quart + 2 cups
Mustard, Prepared, Yellow, Bulk, #2251	1/4 cup
Sugar, Brown, #2024	1 1/4 cups , packed

DIRECTIONS

- Thaw the beef and onions in the refrigerator. Drain the onions thoroughly on the day of assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- To make breadcrumbs, toast the hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm.
Cool the buns, before preparing crumbs.
Break the buns into pieces and place them in a food processor or appropriate grinder. Process the bread until the desired crumb size is obtained.
- Place the ground beef in a large mixer bowl with a paddle attachment.
Combine the ingredients of onions through onion powder with the ground beef. Mix well for 2 minutes on medium speed.
- Shape the meat 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 the barbecue sauce, mustard, and brown sugar. Mix the ingredients well to combine. Set this aside for step 6.
- Remove the meatloaf from the oven and pour 1 cup of barbecue sauce topping on each meatloaf.
Place the meatloaf back in the oven and bake for an additional 20 - 25 minutes.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

MEATLOAF

DIRECTIONS

- 8. Slice each loaf into 20 servings.
- 9. Portion one slice per serving. Each portion provides 2 oz. eq. of meat/meat alternate.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

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	218	Dietary Fiber	0.44 g	Sodium	264.85 mg	Sat. Fat	5.03 g
Carbohydrates	10.50 g	Protein	12.37 g	Total Fat	13.51 g	Trans Fat	0.00 g