

MEAT LOAF

Yield 100

Portion 6 Ounces

| Calories | Carbohydrates | Protein | Fat  | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|--------|---------|
| 343 cal  | 11 g          | 33 g    | 18 g | 154 mg      | 648 mg | 48 mg   |

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 BREADCRUMBS  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 MILK,NONFAT,DRY  
 WATER  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 EGGS,WHOLE,FROZEN  
 JUICE,TOMATO,CANNED

**Weight**

30 lbs  
 3-3/4 lbs  
 3-3/4 oz  
 1/4 oz  
 1/3 oz  
 2-3/8 oz  
 2-7/8 lbs  
 1 lbs  
 1 lbs  
 1 lbs  
 2-3/8 lbs  
 3-1/8 lbs

**Measure**

1 gal  
 1/4 cup 2-1/3 tbsp  
 1 tbsp  
 1 tbsp  
 1 cup  
 1 qts 1-1/2 cup  
 3-3/4 cup  
 2-7/8 cup  
 3 cup  
 1 qts 1/2 cup  
 1 qts 1-3/4 cup

**Issue**

1-3/8 lbs  
 1-1/8 lbs  
 1-1/4 lbs

**Method**

- 1 Combine beef with bread crumbs, salt, pepper and garlic; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, and tomato juice. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 300 F. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking.
- 6 Let stand 20 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.