

CAJUN MEATLOAF (PRECOOKED)

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	20 g	32 g	17 g	95 mg	1826 mg	52 mg

Ingredient

BEEF BROTH
 JUICE,VEGETABLE,CANNED
 THYME,GROUND
 SEASONING,CAJUN
 WORCESTERSHIRE SAUCE
 HOT SAUCE
 CORNSTARCH
 WATER
 MEATLOAF,PRECOOKED

Weight

4-1/4 lbs
 1/8 oz
 1-1/3 oz
 8-1/2 oz
 4 oz
 13-1/2 oz
 1-5/8 lbs
 40 lbs

Measure

2 gal
 2 qts
 1 tbsp
 1/4 cup 1/3 tbsp
 1 cup
 1/2 cup
 3 cup
 3 cup

Issue**Method**

- 1 Prepare broth according to manufacturer's instructions on label. Combine beef broth, vegetable juice or tomato juice, thyme, cajun seasoning, worcestershire sauce, and hot sauce in a saucepot. Bring to a boil.
- 2 Dissolve cornstarch in water. Slowly add mixture to broth while stirring vigorously with a wire whip. Boil 2 minutes, or until cloudiness from cornstarch becomes clear.
- 3 Slice cold meat loaf into 6 ounce slices. Arrange slices in steam table pans in shingle fashion.
- 4 Ladle 1-1/2 quarts sauce over meat loaf in each pan. Cover.
- 5 Bake in convection oven at 350 F. with fan on for 15 minutes. CCP: Internal temperature must reach 140 F. or higher for 15 seconds.
- 6 CCP: Hold at 140 F. or higher for service.