

TOMATO MEAT LOAF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
372 cal	16 g	34 g	18 g	154 mg	717 mg	51 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
 SOUP,CONDENSED,TOMATO
 WORCESTERSHIRE SAUCE
 WATER
 SOUP,CONDENSED,TOMATO

Weight

30 lbs
 3-3/4 lbs
 2-1/2 oz
 1/4 oz
 1/3 oz
 2-3/8 oz
 2-7/8 lbs
 1 lbs
 4 oz
 1 lbs
 2-3/8 lbs
 5-1/8 lbs
 1-5/8 oz
 1-1/3 lbs
 5-1/8 lbs

Measure

1 gal
 1/4 cup 1/3 tbsp
 1 tbsp
 1 tbsp
 1 cup
 1 qts 1-1/2 cup
 3-3/4 cup
 1/2 cup 3-1/3 tbsp
 3 cup
 1 qts 1/2 cup
 2 qts 1-1/4 cup
 3 tbsp
 2-1/2 cup
 1-1/2 #3cyl

Issue

1-3/8 lbs
 4-1/2 oz
 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, tomato soup, and Worcestershire sauce. 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. on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking period.
- 6 Combine tomato soup and water. Bring to a boil. Let meat loaf stand 20 minutes before slicing. Cut 13 slices per loaf. Pour tomato soup mixture evenly over baked meat loaf slices. CCP: Hold for service at 140 F. or higher.