

Volcanic Meatloaf

Meat/Meat Alternate-Beans Peas Vegetable-
Other Vegetable

Main Dishes

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients:	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.					
Water		3 cups		1 qt 2 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 20 minutes.
*Lentils, red, dry	10 1/2 oz	1 2/3 cups	1 lb 5 oz	3 1/3 cups	2. Critical Control Point: Cool to 70 °F or lower within 2 hours and 41 °F or lower within 6 hours.
Raw ground beef (no more than 15% fat)	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt	3. In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, granulated garlic, onions, celery seed, pepper and cheese. Fold in lentils. Mix well.
Nonfat milk		1 3/4 cups		3 1/2 cups	
Egg whites	5 1/2 oz	2/3 cup	11 oz	1 1/3 cups	
Oats, rolled, quick, dry	4 oz	1 1/8 cups	8 oz	2 1/4 cups	
Canned no-salt-added tomato paste	3 1/2 oz	1/3 cup	7 oz	2/3 cup	
Yellow mustard	6 1/2 oz	3/4 cup	13 oz	1 1/2 cups	
Dried parsley		3 Tbsp		1/4 cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dehydrated onion flakes		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Celery seed		1 1/2 Tbsp		3 Tbsp	

Ground black pepper		2 1/4 tsp		1 1/2 Tbsp	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	6 1/2 oz	1 3/4 cups	13 oz	3 1/2 cups	
					<p>4. Portion using a No. 6 scoop (5 1/2 oz) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 25 servings, use 1 pan. Make 25 meatloaves. For 50 servings, use 2 pans. Make 50 meatloaves.</p> <p>5. Bake: Conventional oven: 400 °F for 25-30 minutes. Convection Oven: 375 °F for 15-20 minutes.</p> <p>6. Critical Control Point: Heat to 155 °F or higher for at least 15 seconds.</p> <p>7. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>8. If desired serve with catsup and mustard.</p> <p>9. Serve 1 meatloaf.</p>

Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Dry lentils, red		10 1/2 oz	1 lb 5 oz

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz equivalent meat/meat alternate.

Legume as Vegetable: 1 3/4 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, and 1/8 cup other vegetable.

CACFP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz meat/meat alternate.

Legume as Vegetable: 1 3/4 oz meat/meat alternate and 1/4 cup vegetable.

Serving:	Yield: (not to exceed 27, 54)	Volume:
<p>NSLP/SBP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz equivalent meat/meat alternate.</p> <p>Legume as Vegetable: 1 3/4 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, and 1/8 cup other vegetable.</p>		
<p>CACFP Crediting Information: 1 meatloaf provides: Legume as Meat Alternate: 2 1/2 oz meat/meat alternate.</p>	<p>25 Servings about 5 lb 8 oz</p>	
<p>Legume as Vegetable: 1 3/4 oz meat/meat alternate and 1/4 cup vegetable.</p>	<p>50 Servings about 11 lb</p>	<p>25 meatloaves 50 meatloaves</p>

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories	178.84	Calcium	101.18 mg	Vitamin A	328.77 IU
Protein	16.32 g	Potassium	227.32 mg	Vitamin B6	0.2 mg
Carbohydrates	9.21 g	Sodium	191.97 mg	Vitamin B12	1.06 mcg
Dietary Fiber	2.58 g	Copper	0.12 mg	Vitamin C	4.73 mg
Total Sugars	1.96 g	Iron	2.48 mcg	Vitamin D	9.98 IU
Total Fat	8.14 g	Magnesium	22.77 mg	Vitamin E	0.29 mg AT
Saturated Fat	3.32 g	Phosphorus	120.24 mg	Vitamin K	3.74 mcg
Monounsaturated Fat	2.83 g	Selenium	13.16 mcg	Folate	26.86 mcg
Polyunsaturated Fat	0.29 g	Zinc	3.03 mg	Thiamin	0.07 mg
Linoleic Acid	0.27 g			Riboflavin	0.11 mg
α -Linolenic Acid	0.09 g			Niacin	2.65 mg
Cholesterol	42.81 mg			Choline	42.73 mg