



Turkey Meatloaf

USDA Recipe for CACFP

Turkey Meatloaf is a tasty combination of lean ground turkey, spinach, celery, and dried cranberries.

CACFP CREDITING INFORMATION
 1 meatloaf slice and 1 roll provide 2 oz equivalent meat/meat alternate, ¼ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 cups		1 qt	1 Boil water.
Brown rice, long grain, regular, dry, parboiled	5 oz	¾ cup 1 Tbsp	10 oz	1½ cups 2 Tbsp	2 Place ¾ cup 1 Tbsp brown rice (5 oz) in a half steam table pan (12" x 10" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 1 pan.
					3 Pour boiling water (2 cups per steam table pan) over brown rice. Stir. Cover pans tightly. For 25 servings, use 2 cups. For 50 servings, use 1 quart.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					5 Critical Control Point: Heat to 140 °F or higher.
					6 Remove rice from oven. Refrigerate and set aside for step 13.
					7 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Canola oil		2 Tbsp		¼ cup	8 Heat oil in a large stock pot.
*Fresh onions, diced	4 oz	¾ cup 1½ tsp	8 oz	1½ cups 1 Tbsp	9 Add onions, celery, and garlic. Sauté uncovered for 5–7 minutes or until soft.
*Fresh celery, diced	4 oz	¾ cup 1½ tsp	8 oz	1½ cups 1 Tbsp	
Garlic, minced	2½ oz	3 Tbsp 1 tsp	5 oz	¼ cup 2 Tbsp 2 tsp	
					10 Critical Control Point: Heat to 140 °F or higher.
					11 Refrigerate and set aside for step 13.
					12 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Raw ground turkey (no more than 15% fat)	4 lb 2 oz	2 qt ¼ cup	8 lb 4 oz	1 gal ½ cup	13 Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, tomato paste, brown rice, and onion mixture in a large bowl. Stir well.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	7 oz	¾ cup 2⅛ tsp	14 oz	1½ cups 1 Tbsp 1¼ tsp	
Dried cranberries, chopped	6 oz	1 cup 3 Tbsp	12 oz	2¼ cups 2 Tbsp	
*Fresh spinach, chopped	8 oz	3¼ cups	1 lb	1 qt 2½ cups	
Worcestershire sauce		2 Tbsp		¼ cup	
Salt		2½ tsp		1 Tbsp 2 tsp	
Ground black pepper		1½ tsp		1 Tbsp	
Canned no-salt-added tomato paste	4 oz	⅓ cup 1 Tbsp 1¾ tsp	8 oz	⅔ cup 3 Tbsp ½ tsp	
					14 Press 3 qt 2 cups (about 7 lb) turkey mixture in a loaf pan (20¾" x 6⅞"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					15 Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 30–35 minutes.
					16 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					17 Critical Control Point: Hold for hot service at 140 °F or higher.
Mini whole-grain rolls (1 oz each)	1 lb 9 oz	25 each	3 lb 2 oz	50 each	18 Serve with roll.
					19 Portion: Cut each loaf into 25 slices, ¾" thick. Serve 1 meatloaf slice and 1 roll.



NUTRITION INFORMATION

For 1 meatloaf slice and 1 roll.

NUTRIENTS	AMOUNT
Calories	207
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	449 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	7 IU
Calcium	35 mg
Iron	2 mg
Potassium	99 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Celery	5 oz	10 oz
Spinach	8 oz	1 lb

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 #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 14 oz	About 11 lb 12 oz
About 2 qt 3¾ cups/1 loaf pan (20¾" x 6⅞")	About 1 gal 1 qt 3½ cups/2 loaf pans (20¾" x 6⅞")

