



# Turkey Meatloaf

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

1 meatloaf slice and 1 roll provide 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	<b>1</b> Boil water.
Brown rice, long grain, regular, dry, parboiled	10 oz	1½ cups 2 Tbsp	1 lb 4 oz	3¼ cups	<b>2</b> Place ¾ cup 1 Tbsp brown rice (5 oz) in a half steam table pan (12" x 10" x 2½").  For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					<b>3</b> Pour boiling water (2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.  For 50 servings, use 1 quart. For 100 servings, use 2 quarts.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>4</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					<b>5</b> Critical Control Point: Heat to 135 °F or higher.
					<b>6</b> Remove rice from oven. Refrigerate and set aside for step 13.
					<b>7</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.
Canola oil		¼ cup		½ cup	<b>8</b> Heat oil in a large stock pot.
*Fresh onions, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cup 2 Tbsp	<b>9</b> Add onions, celery, and garlic. Sauté uncovered for 5–7 minutes or until soft.
*Fresh celery, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cup 2 Tbsp	
Garlic, minced	5 oz	¼ cup 2 Tbsp 2 tsp	10 oz	¾ cup 1 Tbsp 1 tsp	
					<b>10</b> Critical Control Point: Heat to 135 °F or higher.
					<b>11</b> Refrigerate and set aside for step 13.
					<b>12</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.
Raw ground turkey (no more than 15% fat)	8 lb 4 oz	1 gal ½ cup	16 lb 8 oz	2 gal 1 cup	<b>13</b> Combine turkey, eggs, cranberries, spinach, Worcestershire sauce, salt, pepper, tomato paste, brown rice, and onion mixture in a large bowl. Stir well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	14 oz	1½ cups 1 Tbsp 1¼ tsp	1 lb 12 oz	3 cups 2 Tbsp 2½ tsp	
Dried cranberries, chopped	12 oz	2¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
*Fresh spinach, chopped	1 lb	1 qt 2½ cups	2 lb	3 qt 1 cup	
Worcestershire sauce		¼ cup		½ cup	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Ground black pepper		1 Tbsp		2 Tbsp	
Canned no-salt-added tomato paste	8 oz	¾ cup 3 Tbsp ½ tsp	1 lb	1⅔ cups 2½ tsp (approx. ⅛ No. 10 can)	
					<p><b>14</b> Press 3 qt 2 cups (about 7 lb) turkey mixture in a loaf pan (20¾" x 6⅞").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p><b>15</b> Bake until golden brown: Conventional oven: 350 °F for 40–45 minutes. Convection oven: 325 °F for 30–35 minutes.</p>
					<p><b>16</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p><b>17</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
Mini whole-grain rolls (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	<p><b>18</b> Serve with roll.</p>
					<p><b>19</b> Portion: Cut each loaf into 25 slices, ¾" thick. Serve 1 meatloaf slice and 1 roll.</p>

**NUTRITION INFORMATION**

For 1 meatloaf slice and 1 roll.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>207</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	55 mg
<b>Sodium</b>	<b>449 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
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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	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	10 oz	1 lb 4 oz
Spinach	1 lb	2 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**

50 Servings	100 Servings
About 11 lb 12 oz	About 23 lb 8 oz
About 1 gal 1 qt 3½ cups/2 loaf pans (20¾" x 6 7/16")	About 2 gal 3 qt 3 cups/4 loaf pans (20¾" x 6 7/16")

