

Volcanic Meatloaf USDA Recipe for Schools

Volcanic Meatloaf contains red lentils, mozzarella cheese, tomato sauce and spices folded into lean ground beef, formed into individual loaves and baked. May serve with ketchup and mustard.

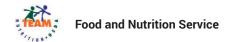
NSLP/SBP CREDITING INFORMATION 1 meatloaf provides

Legume as Meat Alternate: 2.5 oz equivalent meat/meat alternate.

OR

Legume as Vegetable: 1.75 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, and 1/8 cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIDECTIONS
	Weight	Measure	Weight		DIRECTIONS
Water		1 qt 2 cups		3 qt	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	1 lb 5 oz	31/4 cups	2 lb 10 oz	1 qt 2½ cups	2 Critical Control Point: Cool to 70 °F or lower within 2 hours and 40 °F or lower within 6 hours.
Raw ground beef (no more than 15% fat)	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 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		3½ cups		1 qt 3 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Egg whites	11 oz	1⅓ cups	1 lb 6 oz	2²/₃ cups	
Oats, rolled, quick, dry	8 oz	21/4 cups	1 lb	1 qt ½ cup	
Canned no-salt-added tomato paste	7 oz	²/₃ cup	14 oz	1⅓ cup	
Yellow mustard	13 oz	1½ cups	1 lb 10 oz	3 cups	
Dried parsley		1/4 cup		³/4 cup	
Granulated garlic		2 Tbsp 2 tsp		¹⁄₃ cup	
Dehydrated onion flakes		2 Tbsp 2 tsp		¹⁄₃ cup	
Celery seed		3 Tbsp		¹⁄₃ cup	
Ground black pepper		1½ Tbsp		3 Tbsp	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	13 oz	2½ cups	1 lb 10 oz	1 qt 1 cup	4 Portion using a No. 6 scoop (² / ₃ cup) onto a parchment lined sheet pan (18" x 26" x 1") lightly coated with pan release spray. For 50 servings, use 2 pans. Make 50 meatloaves. For 100 servings, use 4 pans. Make 100 meatloaves.
					5 Bake: Conventional oven: 400 °F for 25–30 minutes. Convection Oven: 375 °F for 15–20 minutes.
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 If desired, serve with ketchup and mustard.
					9 Serve 1 meatloaf.

NUTRITION INFORMATION

For 1 meatloaf.

NUTRIENTS Calories	AMOUNT 179
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	8 g 3 g 43 mg 192 mg 9 g 3 g 2 g N/A 16 g
Vitamin D Calcium Iron Potassium N/A=data not available.	10 IU 101 mg 2 mg 227 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	50 Servings	100 Servings			
Dry lentils, red	1 lb 5 oz	2 lb 10 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.

YIELD/VOLUME				
50 Servings	100 Servings			
About 11 lb	About 22 lb			
50 meatloaves	100 meatloaves			