



# Tex Mex Meatloaf

American-style meatloaf with a Tex Mex flair.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
 Washington State, Office of Superintendent of Public Instruction on behalf of Orcas Island School District

**Preparation Time:** 1 hour 30 minutes

**Cook Time:** 2 hours

**NSLP/SBP crediting information:**

1 ¾" (4 oz) slice provides ½ cup other vegetable, 1 ¾ oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oats, rolled, quick, dry	1 lb	1 qt 2 ¼ cups	2 lb	3 qt ½ cup	<ol style="list-style-type: none"> <li>In small batches of not more than 3 cups, pulse oats in food processor 5-6 times until oats are ground meal consistency.                      For 50 servings, make 2 batches.                      For 100 servings, make 4 batches.</li> <li>Mince onions, celery, peppers, and garlic by passing through a meat grinder with a small-holed plate. (Alternatively, dice vegetables and pulse in a food processor until minced.)</li> </ol>
*Onion, mature, rough chopped	2 lb	1 qt 1 ⅔ cups	4 lb	2 qt 3 ⅓ cups	
*Celery, diced	12 oz	2 ⅔ cups	1 lb 8 oz	1 qt 1 ⅓ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Bell peppers, green, diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Garlic, raw, chopped	1 ½ oz	3 Tbsp	3 oz	¼ cup 2 Tbsp	
Chip, corn, tortilla, low sodium	1 lb		2 lb		<b>3.</b> Crush corn chips by hand or with a rolling pin until they resemble bread crumbs.
Tomato paste, canned, no salt added	6 oz	½ cup 2 Tbsp	12 oz	1 ¼ cups	<b>4.</b> In a 30 qt stand mixer, combine corn chips, oats, tomato paste, beef stock, eggs, oregano, paprika, chili powder, cumin, salt, and pepper. Mix on low speed for 2 minutes. Let sit for 5 minute to hydrate chips and oats.
Beef stock, low sodium		2 cups		1 qt	
Eggs, fresh, Grade AA, Large		5 each		10 each	
Mexican oregano, dried		1 tsp		2 tsp	
Paprika, smoked		2 Tbsp		¼ cup	
Chili powder		2 Tbsp		¼ cup	
Cumin, ground		1 Tbsp		2 Tbsp	
Salt, kosher		1 ½ Tbsp		3 Tbsp	
Black pepper, ground		1 Tbsp		2 Tbsp	
Beef, ground, fresh, no more than 10% fat	3 lb 12 oz		7 lb 8 oz		<b>5.</b> Add ground beef, turkey, and minced vegetables to chip mixture. Mix on low 2-3 minutes until well combined.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey, ground, fresh, no more than 7% fat	3 lb 12 oz		7 lb 8 oz		
Ketchup, tomato	9 ½ oz	1 cup	1 lb 3 1/5 oz	2 cups	
Salsa	9 1/5 oz	1 cup	1 lb 2 2/5 oz	2 cups	<ol style="list-style-type: none"> <li>6. To make the glaze, mix the ketchup and salsa in a mixing bowl with a whisk until well combined.</li> <li>7. Preheat convection oven to 350 °F.</li> <li>8. Weigh out 15 lb of meat mixture per 2 inch full-size hotel pan (12" x 20" x 2") using 1 pan per 50 portions. Using gloved hands, press mixture into pan and smooth top. Create two separate loaves in the pan by using your hands, or a spatula, to press a line to the bottom of the pan lengthwise down the middle of the pan.</li> <li>9. Bake in a preheated convection oven at 350 °F for 45 minutes (1 hour for conventional oven).</li> <li>10. Remove pans from oven, and liberally apply glaze to loaves, brushing over entire top.</li> <li>11. Return pans to the oven and bake for an additional 30-45 minutes until internal temperature reaches 165 °F.</li> <li>12. <b>Critical Control Point</b> Internal temperature of 165 °F or higher for at least 15 seconds.</li> <li>13. Drain fat from pans, and let rest in preheated food warmer/proofer at 145 °F or warm oven at 200 °F for 20 minutes.</li> <li>14. Cut each individual loaf crosswise (parallel to the short side of the pan) into 25 equal slices, ¾ inch thick. You will have 50 slices per pan (2 sliced loaves per pan).</li> </ol>

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>15. Critical Control Point</b>            Hold for hot service at 135 °F or higher, or            If chilling for later use, cool to 70 °F within 2 hours and            40 °F or lower within 4 hours. Reheat to a minimum            internal temperature of 165 °F or higher for at least 15            seconds.</p> <p><b>16.</b> Serve 1 ¾" (4 oz) slice.</p>



**TEX MEX MEATLOAF  
NUTRITION INFORMATION**

For 1 ¾ inch (4 oz) slice

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>220</b>
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<b>Total Fat</b>	<b>9 g</b>
Saturated Fat	2.5 g
Cholesterol	66 mg
<b>Sodium</b>	<b>368 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
<b>Protein</b>	<b>16 g</b>
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Vitamin A	52 mcg RAE
Vitamin C	6 mg
Vitamin D	0 IU
Calcium	46 mg
Iron	2 mg
Potassium	304 mg

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Celery, fresh, trimmed	15 oz	1 lb 13 oz
Onions, mature, fresh, whole	2 lb 5 oz	4 lb 9 oz
Peppers, bell, fresh, green	15 oz	1 lb 14 oz

<b>NOTES</b>
*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

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 12 lb 14 oz 1 full-size 2" hotel pan (12" x 20" x 2")	About 25 lb 12 oz 2 full-size 2" hotel pans (12" x 20" x 2")

**SOURCE:**  
  
FY 2021 Cohort A Team Nutrition Training Grant

