



Recipe Name:	Classic Volcanic Meatloaf
Category:	Entree
Portion Size(s):	1 each
Meal Components:	2.25 oz eq M/MA

Ingredients:	60 Portions	
	Weight	Measure
Ground beef, 85/15, frozen	10 lb	
GroundPro Crumbles, seasoned dehydrated lentils	2.85 lb bag	1 bag
Eggs, frozen whole eggs, pasteurized (USDA or Commercial)	1 lb 8 oz	2 ½ cups
Dehydrated onion		2 cups
Green bell peppers, fresh, chopped	2 lb	1 qt 2 cups
Celery, fresh, chopped	2 lb	1 qt 3 cups
Oats, rolled, quick cooking (USDA or Commercial)		1 qt 2 cups
Skim milk		48 fl oz OR 1 qt 2 cups
Tomato paste, no salt added, canned (USDA or Commercial)	1 lb 4 oz	2 cups
Mustard, dry		¼ cup
Garlic and herb seasoning, no salt added		1 ½ cups
Catsup, low-sodium		3 ¾ cups
Mozzarella cheese, lite, shredded (USDA or Commercial)		15 oz

Directions:

1. THAW GROUND BEEF: Thaw ground beef under refrigeration for 2-3 days before preparation. CCP: Hold at 41°F or lower.
2. COOK DEHYDRATED LENTILS: Cooking according to manufacturer's instructions. (GroundPro: Preheat oven to 325°F. Empty one bag of GroundPro into a full size 2 ½" steam table pan. Add 2 quarts of hot water. Level product in pan and place in oven. Heat until product reaches 172°F and water is fully absorbed. (about 15-20 minutes). Fluff with spoon or fork.) CCP: Heat to 172°F for at least 15 seconds. Hold at 140°F or higher.
3. COOL COOKED LENTILS: Transfer lentils to a full-size sheet pan. Spread into a thin layer. Place in refrigerator to cool completely. CCP: Hold at 41°F or lower. Cool to 70°F within 2 hours. Cool to 41°F within 4 hours.

4. **MIX INGREDIENTS:** In a large mixer with the paddle attachment, mix ground beef, cooled lentils, eggs, dehydrated onion, green bell peppers, celery, oats, skim milk, dry mustard, tomato paste, and garlic and herb seasoning. Do not overmix as meatloaf will become tough. CCP: Hold at 41°F or lower.
5. **COOK MEATLOAF:** Preheat oven to 350°F. Using a #6 scoop (slightly heaping/~7.5 oz wt mixture), scoop 20 (4 x 5) meatloaf mounds onto a full sheet pan, leaving space between each mound. Cook in the oven for 20-25 minutes. CCP: Heat to 160°F for at least 15 seconds. Hold at 140°F or higher.
6. **SERVE:** Top each meatloaf mound with 1 Tbsp catsup and 1 Tbsp (1/4 oz wt) mozzarella cheese.

Nutrients Per One Serving (K-12):

Calories	366	kcal	Total Fat	18	g	Total Dietary Fiber	5	g	Vitamin C	17	mg
Saturated Fat	5	g	Trans Fat	2	g	Protein	25	g	Iron	2	mg
Sodium	301	mg	Cholesterol	104	mg	Vitamin A	398	IU			
Sugars	7	g	Carbohydrate	27	g	Calcium	94	mg			

Components Per One Serving (K-12):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
2.25 oz. eq.	0 oz. eq.	0 cups(s)	0 cup(s)	0 cup(s)

