



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 ⅓ cup other vegetables, 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	1. In small batches of not more than 3 cups, pulse oats in food processor 5-6 times until oats are ground meal consistency. a. 50 servings - 2 batches b. 100 servings – 4 batches 2. 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.)
*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, toriilla, low sodium	1 lb		2 lb		3. 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	4. 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		5. 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	6. To make the glaze, mix the ketchup and salsa in a mixing bowl with a whisk until well combined. 7. Preheat convection oven to 350 °F. 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. 9. Bake in a preheated convection oven at 350 °F for 45 minutes (1 hour for conventional oven). 10. Remove pans from oven, and liberally apply glaze to loaves, brushing over entire top. 11. Return pans to the oven and bake for an additional 30-45 minutes until internal temperature reaches 155 °F. 12. Critical Control Point Internal temperature of 165 °F or higher for at least 15 seconds. 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. 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).





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					15. Critical Control Point 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. 16. Serve 1 ¾" (4 oz.) slice.



NUTRITION INFORMATION

For 1 ¾ inch (4 oz) slice

NUTRIENTS	AMOUNT
Calories	220
Total Fat	9 g
Saturated Fat	2.5 g
Cholesterol	66 mg
Sodium	368 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	16 g
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.

*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
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

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 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