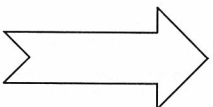


281: MEATLOAF

<i>Srv Utl: Scale</i> <i>Portion Size: 4 oz</i>	<b>8 Servings</b>	<b>HACCP Instructions (Food Safety)</b>
<b>Ketchup</b>	5 Tbsp	
<b>Egg</b>	2 each	
<b>Salt</b>	½ tsp	
<b>Dry oats</b>	½ Cup+ 2 tbsp	
<b>Ground beef</b>	2 ½ lb	Cook to internal temperature of 155 deg F
<b>Pepper, Black</b>	½ tsp	
<b>Onion, diced</b>	¼ Cup + 2 tbsp	
<b>HACCP Instruction</b>		Maintain hot temperature of 140 deg F



<p>Methods:</p> <ol style="list-style-type: none"> <li>1. Place ground beef in bowl. Pre heat oven to 350 deg F</li> <li>2. Add all ingredients and mix thoroughly</li> <li>3. Place mixture into loaf pan</li> <li>4. Bake at 350 deg F for 1 – 1 ½ hours until done</li> </ol>	
<p>Diets:</p> 	<p>All okay</p> <p>PUREE - Remove portions required from the regular prepared recipes. Process until fine in consistency. Combine HOT broth 3 TBSP FOR 1 SERVING (***) may use reserved cooking liquid or Low sodium broth) and thickener 1 TBSP FOR 1 SERVING and gradually add to meat while processing. (All liquid may not be required, depending on the texture or meat). Scrape down sides of processor with a rubber spatula and process for 30 seconds. Consistency must be "mashed potato" consistency. Re-heat to serving temperature (165 deg F or above). SERVE USING #6 SCOOP. Serve 1 oz (2 tablespoons) gravy or sauce on top of pureed meat where appropriate. Volume of liquid require may vary slightly, depending on the texture of the product. ** Amount of thickener will vary slightly. Start with none and add gradually. NOTE: Maximum holding time: 4 hours</p> <p>Ground – okay</p> <p>Chop – okay</p> <p>Small – serve 3 oz portion</p> <p>Large – serve 5 oz portion</p>

**Allergens (including sub recipes): Eggs, Gluten**

