



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		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 2 cups		3 qt	<ol style="list-style-type: none"> 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. 2 Critical Control Point: Cool to 70 °F or lower within 2 hours and 40 °F or lower within 6 hours. 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.
*Lentils, red, dry	1 lb 5 oz	3¼ cups	2 lb 10 oz	1 qt 2½ cups	
Raw ground beef (no more than 15% fat)	6 lb 4 oz	3 qt	12 lb 8 oz	1 gal 2 qt	
Nonfat milk		3½ cups		1 qt 3 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Egg whites	11 oz	1 1/3 cups	1 lb 6 oz	2 2/3 cups	
Oats, rolled, quick, dry	8 oz	2 1/4 cups	1 lb	1 qt 1/2 cup	
Canned no-salt-added tomato paste	7 oz	2/3 cup	14 oz	1 1/3 cup	
Yellow mustard	13 oz	1 1/2 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		1 1/2 Tbsp		3 Tbsp	
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	13 oz	2 1/2 cups	1 lb 10 oz	1 qt 1 cup	<p>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.</p>
					<p>5 Bake: Conventional oven: 400 °F for 25–30 minutes. Convection Oven: 375 °F for 15–20 minutes.</p>
					<p>6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>7 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>8 If desired, serve with ketchup and mustard.</p>
					<p>9 Serve 1 meatloaf.</p>



NUTRITION INFORMATION

For 1 meatloaf.

NUTRIENTS	AMOUNT
Calories	179
Total Fat	8 g
Saturated Fat	3 g
Cholesterol	43 mg
Sodium	192 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	10 IU
Calcium	101 mg
Iron	2 mg
Potassium	227 mg

N/A=data not available.

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