

# Beef-Turkey Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.  2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans.  3. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.  4. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

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\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

### SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.

### YIELD:

**25 Servings:** 4 lb 12 oz  
**50 Servings:** 9 lb 8 oz

### VOLUME:

**25 Servings:** 1 pan  
**50 Servings:** 2 pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	161	<b>Saturated Fat</b>	2.32 g	<b>Iron</b>	1.85 mg
<b>Protein</b>	12.66 g	<b>Cholesterol</b>	79 mg	<b>Calcium</b>	38 mg
<b>Carbohydrate</b>	11.30 g	<b>Vitamin A</b>	244 IU	<b>Sodium</b>	384 mg
<b>Total Fat</b>	7.04 g	<b>Vitamin C</b>	3.0 mg	<b>Dietary Fiber</b>	1.4 g