



Meatloaf

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
2	onions, grated	2
4 cloves	garlic, minced	4 cloves
6 cups	breadcrumbs OR cooked brown rice OR cooked quinoa	1.5 L
1 ½ cups	milk	375 mL
6	eggs, beaten	6
3 tbsp	ketchup or bbq sauce	45 mL
3 tbsp	Dijon mustard	45 mL
1 tsp	salt	5 mL
Glaze:		
3 tbsp	vegetable oil	45 mL
1 (6 oz) can	tomato paste	1 (170 mL) can
1 tsp	sugar	5 mL
½ cup	water	125 mL
Optional:	herbs, fresh or dried celery, finely diced sliced mushrooms, sautéed salsa pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Mix all ingredients in a large bowl. If mixture is too wet, add additional breadcrumbs. If mixture is too dry, add additional eggs or milk.

Note 1: Instructions continued on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

3. To prepare the glaze, heat oil in small saucepan. Whisk in other ingredients until smooth. If a thinner sauce is desired, add water.
4. Line rectangular loaf pans (8 ½ X 4 inch / 20 X 10 cm) with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
5. Divide meat mixture between baking dishes. Flatten tops. Spread with glaze.
6. Cover with foil and bake for 1 hour (or until internal temperature reaches 165°F/75°C).

Vegetarian Substitution suggestion: Lentil Loaf (see recipe)

Nutrition Information	
Serving 80 g	
Calories	170
Fat	7 g
	Saturated 2.5 g
	+ Trans 0 g
Sodium	110 mg
Carbohydrates	9 g
	Fibre 1 g
	Sugars 2 g
Protein	17 g
Calcium	20 mg
Iron	2 mg

Food Guide Servings
½ Grain Product
1 Meat & Alternative