

# BBQ Glazed Meatloaf



## Nutrition Facts

Per serving (1" x 2 3/4" slice)

### Amount Per Serving

**Calories 233**      Calories from Fat 91  
% Daily Value

**Fat 10 g**      **16%**

Saturated Fat 4 g      20%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 4 g

**Cholesterol 57 mg**      **19%**

**Sodium 437 mg**      **18%**

**Potassium 356 mg**      **10%**

**Total Carbohydrate 14 g**      **5%**

Dietary Fibre 1 g      6%

Sugars 4 g

**Protein 17 g**

Vitamin A 3%      Vitamin C 4%

Calcium 4%      Iron 15%

Thiamin 11%      Riboflavin 14%

Niacin 22%      Vitamin B6 13%

Folate 14%      Vitamin B12 27%

Phosphorous 17%      Zinc 24%



# BBQ Glazed Meatloaf



## STEP INSTRUCTIONS

- 1 Combine all ingredients listed for step 1. Mix just until well combined (do not over mix). Measure 1.3 kg of this mixture into each loaf pan (5 x 9 x 2 3/4"), pat into pan.
- 2 Combine ingredients listed for step 2. Spread ¾ cup (187.5 mL) sauce evenly over surface of each meatloaf.
- 3 Bake in convection oven at 177°C (350°F) until internal temperature reaches 74°C (165°F). Cut each meatloaf into 10 slices.

### NOTES:

Substitution of fresh vegetables for dehydrated may occur. Liquid volume may need to be adjusted. Substitution of whole eggs with shell for liquid eggs may occur. (1 whole egg weighs approximately 47 grams.)

For puréed pulses: rinse and drain. Add approximately 1/4 cup water to every cooked cup of pulses. Purée until the texture of canned pumpkin is achieved.

Substitution of pulses may occur. Prepare pulses as recommended on page pages 9 and 10 of the Pulse Potential manual.

This recipe creates a mild meatloaf. For a more seasoned product increase garlic, pepper, mustard powder, chili powder and cloves in Step 1.

Re-heat to 74°C (165°F) in an oven, or smaller portions in a microwave (ensure even temperature distribution).

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

## NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	Puréed Green Lentils	5 ½ cups (1 kg)	2 kg	5 kg	10 kg
	Ground Beef, Lean, Raw	10 lbs (4.5 kg)	9 kg	23 kg	45 kg
	Liquid Egg	¾ cup (200 g)	400 g	1 kg	2 kg
	Onions, Dried	½ cup (40 g)	80 g	200 g	400 g
	Minced Garlic	2 ½ tbsp (20 g)	40 g	100 g	200 g
	Bread Crumbs	3 cups (500 g)	1 kg	2.5 kg	5 kg
	Ground Black Pepper	1 ½ tsp (3 g)	6 g	15 g	30 g
	Salt	1 ½ tbsp (30 g)	60 g	150 g	300 g
2	Tomato Sauce, Canned	3 cups (750 mL)	1.5 L	3.75 L	7.5 L
	Brown Sugar	½ cup (120 g)	240 g	600 g	1.2 kg
	Mustard Powder	2 tsp (7 g)	14 g	35 g	70 g
	Chili Powder	1 tsp (2 g)	4 g	10 g	20 g
	Ground Cloves	¼ tsp (.5 g)	1 g	3 g	5 g
	Worcestershire Sauce	¼ cup (50 mL)	100 mL	250 mL	500 mL