

Hungry Planet® Roasted Vegetable Meatloaf

Recipe group	Additional name	Diet factors	Portions	Portion size
-	Lazy acres		25	9.00 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	~ 1 1/2 qt	2 lb 8.00 oz	0%	2 lb 8.00 oz	Onions, yellow
	~ 1 3/8 qt	1 lb 4.00 oz	0%	1 lb 4.00 oz	Celery, diced
	1 qt	1 lb 4.00 oz	0%	1 lb 4.00 oz	Carrots, peeled, diced
	~ 1/2 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Garlic clove, finely minced
	1 1/2 qt	1 lb 4.00 oz	0%	1 lb 4.00 oz	Mushrooms, white, raw
	1 1/8 qt	1 lb 4.00 oz	0%	1 lb 4.00 oz	Peppers, sweet, red, raw
	1/3 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Oil, olive

Preheat oven to 425 F. Wash, peel, and cut the onions, celery, carrots, mushrooms, and peppers into one inch pieces. Place on a roasting rack and lightly coat with olive oil. Roast the vegetables for 25 minutes, stirring occasionally. Remove from oven and allow to cool. Transfer to the refrigerator and cool completely. Note: This can be done a day in advance.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2		3 lb 12.00 oz	0%	3 lb 12.00 oz	Hungry Planet Beef™
		1 lb 4.00 oz	0%	1 lb 4.00 oz	Hungry Planet Pork™
	2 1/2 tbsp	0 lb 0.73 oz	0%	0 lb 0.73 oz	Salt, kosher, Diamond Crystal
	2 3/4 tsp	0 lb 0.22 oz	0%	0 lb 0.22 oz	Spices, black pepper, ground
	~ 2 tbsp	0 lb 1.11 oz	0%	0 lb 1.11 oz	Vegan Worcestershire sauce

Preheat oven to 350. Place beef and pork into a large bowl. Season with salt, pepper, Worcestershire, and mix thoroughly. Gently fold in the chilled roasted vegetables until evenly mixed. Shape into a meatloaf, either using a large bread pan or freeform. Place on a roasting pan that is lined with parchment paper. Roast until an internal temperature of 165 F. is achieved, approximately 1 hour.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	1 1/4 cup	0 lb 10.00 oz	0%	0 lb 10.00 oz	Ketchup
	~ 2/3 cup	0 lb 5.49 oz	0%	0 lb 5.49 oz	Mustard, prepared, yellow
	~ 1/3 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Brown sugar, packed

Combine the ketchup, mustard, and brown sugar in a small mixing bowl. Brush onto the meatloaf during the final 15 minutes of roasting.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 1.06 oz	0 %	14 lb 1.06 oz	0 %	14 lb 1.06 oz
Size of portion	9.00 oz		9.00 oz		9.00 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	Calories	Minerals	Minerals	Vitamins
Total fat	2.38 g	23.70 %	88.92 kcal	Salt	0.72 g
Saturated	0.18 g	1.82 %	372.06 kJ	Salt	0.72 %
Monounsaturated	0.87 g	8.66 %	0.37 MJ	Sodium	286.70 mg
Polyunsaturated	0.18 g	1.82 %		Phosphorus	26.34 mg
Trans	0.00 g	0.00 %		Potassium	342.98 mg
Cholesterol	0.00 mg			Iron	1.21 mg
Linolenic acid	0.16 g			Calcium	56.40 mg
Alpha-linolenic acid	9.25 mg			Zinc	0.17 mg
Total Carbohydrate	9.51 g	43.45 %		Magnesium	8.05 mg
Sugars	3.95 g	-1.06 %		Iodine	0.00 µg
Sugar	0.00 g			Selenium	2.00 µg
Lactose	0.00 g			Copper	0.06 mg
Fiber	3.79 g	8.16 %			Vitamin K
Organic acids	0.00 g	0.00 %			Others
Sugar alcohol	0.00 g	0.00 %			Water
Starch	0.14 g	0.65 %			54.73 g
Protein	7.94 g	36.29 %			
Alcohol	0.00 g	0.00 %			