

MOM'S MEATLOAF SANDWICH

YIELD: 100 sandwiches

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This recipe is a spin on a classic meatloaf my mom used to make for us as kids. She often worked late so she didn't cook much, but when she did it was usually something quick and easy that we could microwave. When she made meatloaf, it was usually over the weekend, and she would make it with a side of real mashed potatoes and fresh green beans. It always felt like a treat to have this meal, and I'm excited to share a version of it that I think your students will find simultaneously familiar and unique! You can always add pickles or pepperoncini for an extra kick if you think your students will like it.

INGREDIENTS

For the meatloaf:

- 16.6# raw ground beef, no more than 10% fat
- 4 cups plain bread crumbs
- 8 eggs
- ¼ cup dried minced onion
- 3 TBSP onion powder
- 1.5 TBSP garlic powder
- 1 TBSP celery seed
- 1 TBSP paprika
- 1 TBSP ground black pepper
- 4 cups tomato ketchup

For the coleslaw:

- 6 pounds coleslaw mix (green cabbage, red cabbage, shredded carrots)
- 1 1/2 cups low-fat mayo
- 1.5 cups apple cider vinegar
- 1/2 cup granulated sugar
- 1/2 tsp ground black pepper

For the sandwiches:

- 100 potato sandwich rolls
- 100 slices Swiss cheese (6.25#)

DIRECTIONS

1. Preheat oven to 350°F. In a large mixing bowl, or in the stand mixer using the paddle attachment, combine all ingredients except the ketchup.
2. Line sheet pans with parchment paper. Form meat mixture into 5 equally sized, rectangular loaves, approximately 4" wide. Brush each loaf with ketchup, using a little less than 1 cup per loaf.
3. Bake for approximately 55-60 minutes or until meatloaf reaches an internal temperature of 165°F. Let meatloaf stand for 5 minutes before serving. Meatloaf can be made the day before.
4. Meanwhile, prepare coleslaw by mixing together all of the ingredients in a large mixing bowl. Cover and place in fridge for at least 30 minutes before using.
5. Cut each loaf into 20 equal pieces. Place slices on a sheet pan lined with parchment paper and top with 1 slice of Swiss cheese. Return to oven until cheese is melted, approximately 3-5 minutes.

To serve: Place a slice of meatloaf on each bun and top with 1/3 cup coleslaw.

RECIPE NOTES - MOM'S MEATLOAF SANDWICH

Recipe credits as 3/8 cup other vegetable, 3 oz. M/MA and 2 oz. equivalent grains

Nutritional information per serving*: 410 cal; 4.174 g sat. fat; 420 mg sodium; 40.82 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*