

Spaghetti and Meat Sauce - USDA Recipe D350

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

D35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	8 lb 8 oz	1 gal	17 lb	2 gal	<ol style="list-style-type: none"> 1. Brown ground beef uncovered over medium high heat in a large stock pot. Stir often. 2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 3. Drain meat. Return to stock pot. 4. Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes. 5. Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally. 6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 7. Set aside beef mixture for step 10.
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups	
*Fresh green bell peppers, diced	5 oz	1 cup	10 oz	2 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black pepper		1 1/2 tsp		1 Tbsp	
Canned no-salt-added tomato	5 lb	3 qt (about 1 No. 10	10 lb	1 gal 2 qt (about 2	

Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Canned low-sodium beef broth		1 qt		2 qt
Water		2 qt		1 gal
Dried parsley		1/4 cup		1/2 cup
Dried basil		2 Tbsp		1/4 cup
Dried oregano		2 Tbsp		1/4 cup
Dried marjoram		1 Tbsp		2 Tbsp
Dried thyme		1 1/2 tsp		1 Tbsp
*Fresh carrots, shredded	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt

Water		6 gal		12 gal	8. Heat water to a rolling boil.
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Whole-wheat spaghetti noodles, dry, broken into thirds	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	<p>9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.</p> <p>10. Combine pasta and beef mixture in stock pot. Stir well.</p> <p>11. Transfer to a steam table pan (12" x 20" x 4")</p>
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12. Critical Control Point: Hold for hot service at 135 °F or higher.

13. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	10 oz	20 oz
Green bell peppers	10 oz	20 oz
Carrots	1 lb 8 oz	3 lb

Serving	Yield	Volume
See Notes	50 Servings: about 22 lb 100 Servings: about 44 1/4 lb	50 Servings: about 3 gallons 2 quarts / 2 steam table pans (12" x 20" x 4") 100 Servings: about 7 gallons / 4 steam table pans (12" x 20" x 4")

Nutrients Per Serving

Calories	270	Saturated Fat	3 g	Iron	4 mg
Protein	21 g	Cholesterol	52 mg	Calcium	45 mg
Carbohydrate	26 g	Vitamin A	2038 IU	Sodium	296 mg
Total Fat	9 g	Vitamin C	8 mg	Dietary Fiber	5 g