



Meatballs and Marinara

An old-fashioned recipe that is still a big hit. Ground beef, rice, and marinara sauce unite to make a delicious lunch or supper.

AGES: 3–5 years

PREP TIME: 50 minutes

COOK TIME: 28 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

1 ½ oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
					2 Preheat oven to 400 °F.
Brown rice, instant, uncooked	2 ⁵ / ₈ oz	¾ cup	5¼ oz	1 ½ cups	3 In a medium pot, combine water and rice. Bring to a boil on medium-high heat. Once it begins to boil, reduce heat to low. Cover. Cook for 10 minutes or until rice is tender and water is absorbed. Remove from heat. Fluff with a fork. Allow rice to cool for 5 minutes.
Water	6 fl oz	¾ cup	12 fl oz	1 ½ cups	





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, fresh, large		4		8	4 In a medium bowl, beat eggs with a whisk or fork.
Beef, ground, 90% lean, fresh or frozen, thawed	3 lb 4 oz		6 lb 8 oz		5 In a large bowl, combine ground beef, eggs, cooked rice, onion powder, oregano, Worcestershire sauce, and black pepper. Mix.
Onion powder		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Oregano, dried		2 tsp		1 Tbsp + 1 tsp	
Worcestershire sauce		2 tsp		1 Tbsp + 1 tsp	
Black pepper, ground		½ tsp		1 tsp	
					6 Using a #30 scoop (about 2 Tbsp), make meatballs (1 oz each). For 25 servings , make 50 meatballs. For 50 servings , make 100 meatballs.
					7 Place meatballs on a sheet pan (18" x 26" x 1") lined with parchment paper. Bake for 10 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds. Remove from the oven. Wash hands after touching uncooked ground beef and eggs. For 25 servings , use 2 pans. For 50 servings , use 4 pans.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Marinara sauce	3 lb 8 oz (about ½ #10 can)	1 qt + 2¼ cups	7 lb (about 1⅞ #10 can)	3 qt + ½ cup	<p>8 In a medium pot, heat marinara sauce on medium-high heat, about 6–8 minutes. Stir often. Heat to 140 °F or higher for at least 15 seconds. Remove from the stove. Stir.</p>
					<p>9 Serve 2 meatballs with ¼ cup sauce. Serve immediately, or keep warm at 140 °F or higher.</p>

NUTRITION INFORMATION

2 meatballs and ¼ cup marinara sauce

NUTRIENTS	AMOUNT
Calories	150
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	59 mg
Sodium	439 mg
Total Carbohydrate	10 g
Dietary Fiber	3 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	12 g
Vitamin D	N/A
Calcium	27 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains eggs.** Worcestershire sauce can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Serve a variety of foods during the week to balance out an occasional lunch or supper item that may be higher in sodium or saturated fat.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 6 lb 1 oz	Weight: 12 lb 2 oz
Yield: 50 meatballs with 1 qt 2¼ cups sauce	Yield: 100 meatballs with 3 qt ½ cup sauce