



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: 6–18 years

PREP TIME: 50 minutes

COOK TIME: 28 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

2 oz eq meat

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|-------------------------------|-------------|---------|-------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | <ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. |
| | | | | | <ol style="list-style-type: none"> 2 Preheat oven to 400 °F. |
| Brown rice, instant, uncooked | 3½ oz | 1 cup | 7 oz | 2 cups | <ol style="list-style-type: none"> 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 | 8 fl oz | 1 cup | 16 fl oz | 2 cups | |

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|---|-------------|----------------|-------------|----------------|--|
| | 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 | 4 lb 4 oz | | 8 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 | | 2 Tbsp | | ¼ cup | |
| Oregano, dried | | 1 Tbsp + 1 tsp | | 2 Tbsp + 2 tsp | |
| Worcestershire sauce | | 1 Tbsp + 1 tsp | | 2 Tbsp + 2 tsp | |
| Black pepper, ground | | 1 tsp | | 2 tsp | |
| | | | | | 6 Using a #24 scoop (about 2½ Tbsp), make meatballs (1½ 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 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. |

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|----------------|-----------------------------------|-------------------|----------------------------|--------------|--|
| | 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> |
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NUTRITION INFORMATION

2 meatballs and ¼ cup marinara sauce

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 188 |
| Total Fat | 9 g |
| Saturated Fat | 3 g |
| Cholesterol | 72 mg |
| Sodium | 455 mg |
| Total Carbohydrate | 11 g |
| Dietary Fiber | 3 g |
| Total Sugars | 0 g |
| Includes Added Sugars | N/A |
| Protein | 16 g |
| Vitamin D | N/A |
| Calcium | 32 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: 7 lb 8 oz | Weight: 15 lb 3 oz |
| Yield: 50 meatballs with 1 qt 2¼ cups sauce | Yield: 100 meatballs with 3 qt ½ cup sauce |