



Spaghetti and Meat Sauce (Ground Beef and Ground Pork) USDA Recipe for CACFP

Spaghetti and Meat Sauce contains lean ground pork and beef blend, tomato purée, carrots, and whole-wheat spaghetti.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, ¼ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	2 lb 12 oz	1 qt 1½ cups	5 lb 8 oz	2 qt 3 cups	1 Brown ground beef and ground pork 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.
Raw ground pork (no more than 16% fat)	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
					3 Drain meat. Return to stock pot.
*Fresh onions, chopped	2½ oz	½ cup	5 oz	1 cup	4 Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.
*Fresh green bell peppers, diced	2½ oz	½ cup	5 oz	1 cup	
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp	5 Add garlic powder, pepper, tomato purée, salt, broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir. Cover, simmer for 1 hour. Stir occasionally.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black pepper		¾ tsp		1½ tsp	6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned no-salt-added tomato purée	2 lb 8 oz	1 qt 2 cups (about ½ No. 10 can)	5 lb	3 qt (about 1 No. 10 can)	
Salt		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium beef broth		2 cups		1 qt	
Water		1 cup		2 cups	
Dried parsley		2 Tbsp		¼ cup	
Dried basil		1 Tbsp		2 Tbsp	7 Set aside beef/pork mixture for step 10.
Dried oregano		1 Tbsp		2 Tbsp	8 Heat water to a rolling boil.
Dried marjoram		1½ tsp		1 Tbsp	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.
Dried thyme		¾ tsp		1½ tsp	10 Combine pasta and beef/pork mixture in stock pot. Stir.
*Fresh carrots, shredded	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	11 Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Water		3 gal		6 gal	12 Critical Control Point: Hold for hot service at 140 °F or higher.
Whole-wheat spaghetti noodles, dry, broken into thirds	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	13 Portion with 8 fl oz spoodle (1 cup).

NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	272
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Total Fat	10 g
Saturated Fat	3 g
Cholesterol	55 mg
Sodium	293 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	20 g
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Vitamin D	1 IU
Calcium	41 mg
Iron	3 mg
Potassium	494 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Green bell peppers	5 oz	10 oz
Carrots	12 oz	1 lb 8 oz

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.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb	About 22 lb
About 1 gal 3 qt/1 steam table pan (12" x 20" x 4")	About 3 gal 2 qt/2 steam table pans (12" x 20" x 4")