



Meatball Madness

USDA Recipe for Schools

In our Meatball Madness recipe, lean ground turkey, spices, and vegetables are shaped and baked in a muffin tin, and then topped with a dollop of mashed potatoes.

NSLP/SBP CREDITING INFORMATION

Two meatball cups provide 2 oz equivalent meat/meat alternate, 5/8 cup starchy vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal		2 gal	1 Heat water to a rolling boil. 2 Pour water, milk, potato flakes, margarine, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. Mashed potatoes should appear stiff. DO NOT OVERMIX. For 50 servings, mix for 4–5 minutes. For 100 servings, mix for 6–7 minutes.
Nonfat milk		3 ½ cups		1 qt 3 cups	
Instant potato flakes		1 gal 1 qt 1 cup		2 gal 2 qt 2 cups	
Margarine, trans-fat free		¾ cup 1 Tbsp 1 tsp		1 ½ cups 2 Tbsp 2 tsp	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
					3 Transfer 3 gal 1 ½ cups (about 6 lb 7 oz) mashed potatoes to a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4 Critical Control Point: Hold for hot service at 135 °F or higher.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Set aside for step 13.
Raw ground beef (no more than 15% fat)	3 lb 10 oz	1 qt 3 ¼ cups	7 lb 4 oz	3 qt 2 ½ cups	6 Place ground beef, ground turkey, milk, eggs, oats, tomato paste, onions, celery, bell peppers, carrots, pepper, salt, garlic powder, and celery seed in a commercial mixer (batch as needed).
Raw ground turkey (no more than 15% fat)	1 lb 12 oz	3 ½ cups	3 lb 10 oz	1 qt 3 cups	7 Using a paddle attachment, mix on low speed for 2–3 minutes. DO NOT OVERMIX.
Instant nonfat dry milk		¼ cup		½ cup	
Egg whites	2 lb 2 oz	1 qt ¼ cup	4 lb 4 oz	2 qt ½ cup	
Oats, rolled, quick, dry	2 lb	3 qt 2 Tbsp ½ tsp	4 lb	1 gal 2 qt ¼ cup 1 tsp	
Canned no-salt-added tomato paste	8 oz	⅔ cup 3 Tbsp ½ tsp	1 lb	1 ⅔ cups 2 ½ tsp (approx. ⅛ No. 10 can)	
*Fresh onions, finely chopped	12 oz	2 ¼ cups 1 Tbsp 1 ½ tsp	1 lb 8 oz	1 qt ½ cup 3 Tbsp	
*Fresh celery, diced	10 oz	1 ¾ cups 3 Tbsp 1 tsp	1 lb 4 oz	3 ¾ cups 2 Tbsp 2 tsp	
*Fresh green bell peppers	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh carrots, shredded	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	
Ground black or white pepper		½ tsp		1 tsp	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Celery seed		3 Tbsp	2 oz	¼ cup 2 Tbsp	
					8 Lightly coat a muffin pan (20 ½" x 14") with pan-release spray. Using a No. 16 scoop, portion ¼ cup 1 ⅛ tsp (about 2 ⅔ oz) meatball mixture into each muffin cup. Flatten the top of each meatball. For 50 servings, use 6 muffin pans. For 100 servings, use 12 muffin pans.
					9 Bake: Conventional oven: 400 °F for 25–30 minutes. Convection oven: 375 °F for 20–25 minutes.
					10 Critical Control Point: Heat to 165 °F or higher.
					11 Remove from oven.
					12 Transfer meatballs to a steam table pan (12" x 20" x 2 ½") lined with parchment paper; 25 meatballs per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.
					13 Using a No. 20 scoop, portion ¾ cup 2 Tbsp 2 tsp (about 2 oz) mashed potatoes on top of each meatball.
					14 Critical Control Point: Hold for hot service at 140 °F or higher.
					15 Serve 2 meatball cups.

NUTRITION INFORMATION

For 2 meatball cups.

NUTRIENTS	AMOUNT
Calories	272

Total Fat	7 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	437 mg
Total Carbohydrate	36 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	17 g
Vitamin D	14 IU
Calcium	73 mg
Iron	3 mg
Potassium	219 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Celery	14 oz	1 lb 12 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Carrots	10 oz	1 lb 4 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

50 Servings	100 Servings
About 26 lb 6 oz	About 52 lb 12 oz
About 3 gal 1 qt $\frac{3}{4}$ cup/100 meatball cups	About 6 gal 2 qt 1 $\frac{1}{2}$ cup/200 meatball cups