



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

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

### NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	5 lb 8 oz	2 qt 3 cups	11 lb	1 gal 1 qt 2 cups	<b>1</b> Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often. <b>2</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Raw ground pork (no more than 16% fat)	3 lb	1 qt 2 cups	6 lb	3 qt	
					<b>3</b> Drain meat. Return to stock pot.
*Fresh onions, chopped	5 oz	1 cup	10 oz	2 cups	<b>4</b> Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.
*Fresh green bell peppers, diced	5 oz	1 cup	10 oz	2 cups	
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp	<b>5</b> 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	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black pepper		1½ tsp		1 Tbsp	<b>6</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned no-salt-added tomato puree	5 lb	3 qt (about 1 No. 10 can)	10 lb	1 gal 2 qt (about 2 No. 10 cans)	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Canned low-sodium beef broth		1 qt		2 qt	
Water		2 cups		1 qt	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	<b>7</b> Set aside beef/pork mixture for step 10.
Dried oregano		2 Tbsp		¼ cup	<b>8</b> Heat water to a rolling boil.
Dried marjoram		1 Tbsp		2 Tbsp	<b>9</b> 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		1½ tsp		1 Tbsp	<b>10</b> Combine pasta and beef/pork mixture in stock pot. Stir.
*Fresh carrots, shredded	1 lb 4 oz	1 qt 2 cups	2 lb 8 oz	3 qt	<b>11</b> Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water		6 gal		12 gal	<b>12</b> Critical Control Point: Hold for hot service at 135 °F or higher.
Whole-wheat spaghetti noodles, dry, broken into thirds	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	<b>13</b> Portion with 8 fl oz spoodle (1 cup).



## NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>272</b>
<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	3 g
Cholesterol	55 mg
<b>Sodium</b>	<b>293 mg</b>
<b>Total Carbohydrate</b>	<b>26 g</b>
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>20 g</b>
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	50 Servings	100 Servings
Mature onions	10 oz	20 oz
Green bell peppers	10 oz	20 oz
Carrots	1 lb 8 oz	3 lb

## 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 22 lb	About 44.25 lb
About 3 gal 2 qt/2 steam table pans (12" x 20" x 4")	About 7 gal/4 steam table pans (12" x 20" x 4")