



Tomato Sauce

USDA Recipe for Schools

Tomato paste, diced tomatoes, Italian spices and a vegetable base come together tastefully to create our Tomato Sauce recipe.

NSLP/SBP CREDITING INFORMATION:
 2 Tbsp provide 1/8 cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, canola		1 Tbsp		2 Tbsp	1 Heat oil in a large stock pot. 2 Add onions, tomato paste, diced tomatoes, water, pepper, parsley, garlic powder, basil, oregano, thyme, and vegetable base. Simmer uncovered over medium heat for 5 minutes. Set aside for step 5.
*Onions, fresh, diced	4 oz	2/3 cup 1 Tbsp 2 1/2 tsp	8 oz	1 1/3 cups 3 Tbsp 2 tsp	
Tomato paste, canned, low-sodium	10 oz	1 cup 1 Tbsp 1 tsp (about 1/8 No. 10 can)	1 lb 4 oz	2 cups 2 Tbsp 2 tsp (about 1/4 No. 10 can)	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomatoes, diced, canned, low-sodium, undrained	1 lb 10 oz	3 cups 2 Tbsp (about ¼ No. 10 can)	3 lb 4 oz	1 qt 2¼ cups (about ½ No. 10 can)	
Water		½ cup		1 cup	
Pepper, black, ground		¼ tsp		½ tsp	
Parsley, dried		2 Tbsp		¼ cup	
Garlic powder		1 Tbsp		2 Tbsp	
Basil, dried		¼ tsp		½ tsp	
Oregano, dried		¼ tsp		½ tsp	
Thyme, dried		¼ tsp		½ tsp	
Vegetable base		2 tsp		1 Tbsp 1 tsp	
					3 Critical Control Point: Heat to 135 °F or higher.
					4 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					5 Using 1 fl oz ladle, portion 2 Tbsp tomato sauce into each soufflé cup.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.
					7 Serve 1 soufflé cup (2 Tbsp).



NUTRITION INFORMATION

For 1 soufflé cup (2 Tbsp).

NUTRIENTS	AMOUNT
Calories	14
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	11 mg
Total Carbohydrate	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	2 mg
Iron	0 mg
Potassium	7 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 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 3 lb 2 oz	About 6 lb 4 oz
About 1 qt 2¼ cups/2 sheet pans (18" x 26" x 1")	About 3 qt ½ cup/4 sheet pans (18" x 26" x 1")