



Spicy Meatballs

Served with pasta and marinara sauce

Traditional style meatballs with a little kick. These meatballs are versatile and pair nicely with pasta and marinara, mushroom sauce and rice, or serve as sweet & sour meatballs!

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Iowa Department of Education

Preparation Time: 45 minutes

Cook Time: 25 minutes

NSLP/SBP crediting information:

3 meatballs (2 oz each), 1 cup whole grain pasta with $\frac{1}{4}$ cup marinara provides $1\frac{3}{4}$ oz equivalent meats/meat alternates, 2 oz equivalent grains, and $\frac{1}{4}$ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Spice Blend:					1. Mix spices together in a bowl until evenly distributed.
Paprika	$\frac{1}{2}$ oz	2 Tbsp	1 oz	$\frac{1}{4}$ cup	
Oregano	0.8 oz	$\frac{1}{2}$ cup	1.6 oz	1 cup	
Fennel seed	0.7 oz	3 Tbsp	1.2 oz	$\frac{1}{3}$ cup	
Parsley, dried	0.2 oz	$\frac{1}{4}$ cup	0.2 oz	$\frac{1}{2}$ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper	0.1 oz	1 tsp	0.2 oz	2 tsp	
Red pepper, crushed	0.1 oz	2 tsp	0.2 oz	1 Tbsp 1 tsp	
Onion powder	0.2 oz	1 Tbsp	½ oz	2 Tbsp	
Garlic powder	0.2 oz	1 Tbsp	½ oz	2 Tbsp	
Meatballs					
Ground pork	4 lb		8 lb		2. Put pork, beef, breadcrumbs, eggs, and vinegar in a large mixing bowl.
Ground beef, 90% lean	4 lb		8 lb		
Whole grain breadcrumbs	5 oz	3 cups	10 oz	1 qt 2 cups	
Eggs	7 ¼ oz	4 each	14 ½ oz	8 each	
Red wine vinegar	1 ½ oz	3 Tbsp	3 oz	⅓ cup	3. Add seasoning mixture to meat mixture. 4. Mix until all ingredients are evenly combined. 5. Scoop meatballs using the No. 30 scoop and place on a sheet pan. 6. Bake at 350 °F for 20-25 minutes. Critical Control Point: Meatballs should reach an internal temperature of 155 °F or higher for at least 15 seconds.
Rotini pasta, whole grain, dry	6 lb	1 gal 3 qt 2 cups	12 lb	3 gal 3 qt	
					7. Bring water to boil. Add dry pasta. Cook for 8 minutes or until al dente. Drain. Critical Control Point: Hold pasta for hot service at 135 °F or higher.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Marinara sauce, canned	7 lb 3 oz	3 qt 1 cup	14 lb 6 oz	1 gal 2 qt 1 cup	<p>8. Heat sauce to 145 °F or higher.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>9. Serve 3 meatballs with 1 cup whole grain pasta and ¼ cup marinara sauce.</p>



**SPICY MEATBALLS****NUTRITION INFORMATION**

For 3 meatballs, 1 cup pasta, ¼ cup marinara

NUTRIENTS	AMOUNT
Calories	438

Total Fat	15 g
Saturated Fat	5 g
Cholesterol	65 mg
Sodium	145 mg
Total Carbohydrate	55 g
Dietary Fiber	7 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	24 g
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	83 mg
Iron	5 mg
Potassium	N/A

N/A=data not available.

NOTES

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
About 1 gal 3 qt	About 3 gal 2 qt
About 13 lb 4 ¼ oz 150 meatballs	About 26 lb 4.6 oz 300 meatballs

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

