



# Mega Meatball with Pasta

Large Italian meatball with marinara sauce, served over pasta.

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

**Preparation Time:** 1 hour

**Cook Time:** 45 minutes

**NSLP/SBP crediting information:**

1 meatball, ½ cup (4 fl oz spoodle) marinara, and ½ cup (No. 8 scoop or 4 fl oz spoodle) pasta provides 2 ¼ oz equivalent meats/meat alternates, 1 oz equivalent grains, ⅔ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef, ground, 93% lean meat/7% fat, raw	8 lb 5 oz		16 lb 10 oz		<ol style="list-style-type: none"> <li>Two days before meal service, move the frozen ground beef to the bottom shelf in the cooler to thaw.</li> <li>Preheat oven to 400 °F for convection oven (425 °F for standard conventional oven).</li> <li>Line sheet pan with parchment paper and spray thoroughly with food release.</li> <li>Combine all ingredients except the marinara, basil, oregano, and pasta. The meatball ingredients can be combined in a mixer.</li> <li>Roll into 50 or 100 balls, making sure to pack meat firmly. The green or No. 12 scoop works perfectly. Place the balls on the prepared sheet pan, being careful to line them up snugly and in even rows</li> </ol>
Cheese – Parmesan, grated	3 oz	¾ cup ½ Tbsp	6 oz	1 ½ cup 1 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					vertically and horizontally to form a grid. The meatballs should be touching each other. <b>6.</b> Bake for 30-40 minutes or until a thermometer inserted into the center of the meal reaches 165 °F. <b>Critical Control Point:</b> Heat to 165 °F or higher for 15 seconds.
Egg, whole		8 each		16 each	
Oil, olive		12 oz		24 oz	
Breadcrumbs, plain	9 oz	2 cups	18 oz	1 qt	
Italian seasoning		¼ cup		½ cup	
Garlic powder		½ Tbsp		1 Tbsp	
Black pepper, ground		½ Tbsp		1 Tbsp	
Marinara or spaghetti sauce, no salt added	¾ of a No. 10 can (toss with the meatballs) 2 ¼ No. 10 cans (serve over pasta and meatball)		1 ½ No. 10 cans (toss with the meatballs) 4 ½ No. 10 cans (serve over pasta and meatball)		<b>7.</b> Add marinara sauce to a pot and mix in the basil and oregano. Add the meatballs to the sauce. The remaining sauce will be served over the pasta and meatball during meal service. <b>Critical Control Point:</b> Heat to 165 °F for at least 15 seconds. Hold for hot service at 135 °F.
Basil, ground		2 Tbsp 1 tsp		4 Tbsp 2 tsp	
Oregano, ground		2 Tbsp 1 tsp		4 Tbsp 2 tsp	
Pasta – rotini, whole grain, dry	3 lb 2 oz		6 lb 4 oz		<b>8.</b> Heat water to a rolling boil. Slowly add rotini pasta. Stir constantly, until water boils again. Cook 8-10 minutes or until tender but firm; stir occasionally.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>If using a Combi Oven, place pasta into a steam table pan. Cover and cook for 16 minutes. Do not overcook. Drain well. Rinse with water. Toss with a small amount of oil to keep from sticking together.</p> <p>Place cooked pasta in a hot holding cabinet to retain temperature.</p> <p>Serve one meatball with ½ cup marinara sauce and ½ cup pasta.</p> <p><b>Critical Control Point:</b> Serve at a minimum of 135 °F. Reheat only once if temperature falls below 135 °F.</p>



**MEGA MEATBALL WITH PASTA  
NUTRITION INFORMATION**

For 1 meatball + ½ cup marinara sauce + ½ cup pasta

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>392</b>
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<b>Total Fat</b>	<b>15.8 g</b>
Saturated Fat	3.8 g
Cholesterol	78.8 mg
<b>Sodium</b>	<b>165 mg</b>
<b>Total Carbohydrate</b>	<b>37.9 g</b>
Dietary Fiber	5 g
Total Sugars	6.5 g
Added Sugars included	N/A
<b>Protein</b>	<b>24 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	65 mg
Iron	12.1 mg
Potassium	N/A

N/A=data not available.

**NOTES**

Another serving option is to make smaller meatballs and serve as an Italian Meatball Sub sandwich.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
50 meatballs	100 meatballs
About 1 gal 2 qt pasta	About 3 gal pasta
About 1 gal 2 qt 2 ½ cup marinara sauce	About 3 gal 1 qt 1 cup marinara sauce

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

