

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ¼ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.  CCP: Heat to 155° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt 1 cup (¾ No. 10 can)	10 lb	1 gal 2 cups (1 ½ No. 10 cans)	
Water		2 qt		1 gal	
Salt		1 Tbsp		2 Tbsp	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					7. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup) per serving.

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Comments:  
\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servinas
Mature onions	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, ⅔ cup of vegetable, and 1 serving of grains/breads.	<b>50 Servings:</b> about 3 medium half-steamtable pans	<b>50 Servings:</b> about 3 gallons 2 cups
	<b>100 Servings:</b> about 6 medium half-steamtable pans	<b>100 Servings:</b> about 6 gallons 1 quart

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Nutrients Per Serving					
<b>Calories</b>	322	<b>Saturated Fat</b>	4.38 g	<b>Iron</b>	3.96 mg
<b>Protein</b>	21.23 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	43 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	636 IU	<b>Sodium</b>	310 mg
<b>Total Fat</b>	10.71 g	<b>Vitamin C</b>	5.3 mg	<b>Dietary Fiber</b>	2.9 g