# Spaghetti and Meat Sauce

Comments:
*See Marketing Guide.

## SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and 1 serving of grains/breads.

## YIELD:

**50 Servings:** about 3 medium half-steamtable pans

**100 Servings:** about 6 medium half-steamtable pans

## VOLUME:

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

### Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|---|---|---|
| Mature onions | 10 oz | 1 lb 4 oz |

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## Nutrients Per Serving

| Calories | 322 | Saturated Fat | 4.38 g | Iron | 3.96 mg |
|---|---|---|---|---|---|
| Protein | 21.23 g | Cholesterol | 51 mg | Calcium | 43 mg |
| Carbohydrate | 34.24 g | Vitamin A | 636 IU | Sodium | 310 mg |
| Total Fat | 10.71 g | Vitamin C | 5.3 mg | Dietary Fiber | 2.9 g |

# Spaghetti and Meat Sauce

| Ingredients | 50 Servings Weight | 50 Servings Measure | 100 Servings Weight | 100 Servings Measure | Directions |
|---|---|---|---|---|---|
| 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. |