

29003 Spaghetti and Meat Sauce



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52956

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6 3/8 Pound		23570
Onions, cooked, boiled, drained, without salt	3 9/10 Ounce		11283
Peppers, sweet, green, cooked, boiled, drained, without salt	3 2/3 Ounce		11334
Spices, garlic powder	4 1/2 Teaspoon		2020
Spices, pepper, black	1 1/2 tsp, ground		2030
Tomato products, canned, puree, without salt added	12 Cup		11547
Salt, table	1 1/3 Tablespoon		2047
Soup, beef broth, less/reduced sodium, ready to serve	4 Cup		6188
Beverages, water, tap, municipal	8 Cup		14429
Soup, chicken broth, low sodium, canned	4 Tablespoon		6970
Spices, parsley, dried	1/4 Cup		2029
Spices, basil, dried	2 tbsp, ground		2003
Spices, oregano, dried	2 Tablespoon		2027
Spices, marjoram, dried	1 Tablespoon		2023

Description	Measurement	Prep Instructions	DistPart#
Spices, thyme, dried	1 1/2 tsp, ground		2042
Carrots, cooked, boiled, drained, without salt	18 2/5 Ounce		11125
Pasta, whole-wheat, cooked (Includes foods for USDA's Food Distribution Program)	25 1/2 cup spaghetti not packed		20125

Preparation Instructions

Combine all ingredients except pasta
cook until all ingredients are soft and mixed well
cook pasta in 6 gallons of boiling water for 10 minutes

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		97.51	
Fat		1.20g	
Saturated Fat		0.20g	
Trans Fat		0.00g**	
Cholesterol		0.20mg	
Sodium		33.59mg	
Carbohydrates		19.28g	
Fiber		2.56g	
Sugar		0.88g	
Added Sugar		0.00g**	
Protein		4.24g	
Vitamin A	241.55mcg	Vitamin C	2.11mg
Calcium	12.14mg	Iron	1.23mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available	
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