

Spaghetti and Meat Sauce

Servings:	200.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57770
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	40 Pound		100158
ONION DEHY CHPD	4 Pound		263036
SEASONING ITAL HRB	3 Cup		428574
SALT IODIZED	4 Tablespoon		125557
TOMATO DCD 6-10 COMM	3 #10 CAN		150590
TOMATO PASTE FCY	3 #10 CAN		221851
SAUCE TOMATO	4 #10 CAN		306347
SAUCE WORCESTERSHIRE	2/3 Cup		109843
Water	4 3/16 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	30 Pound		221460

Preparation Instructions

1. Brown ground beef and drain. Press draining beef to remove excess fat.
2. Add onions to ground beef mixture. Sauté beef mixture for 2 minutes or until onions are lightly browned.
3. Add Italian spice blend and salt. Blend well and add diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water.
4. Bring this mixture to boil and lower to a simmer and cook the spaghetti sauce for 1 hour stirring occasionally to prevent sticking.
CCP: Heat to 160 degrees or higher for 15 seconds at the completion of the cooking process.
5. Boil water and cook pasta until al-dente (cooked just long enough to be still firm, and not too soft), according to the directions on the package. DO NOT overcook.
6. Divide mixture equally into medium half-steamtable pans (10"x12"x4") which have been lightly sprayed with pan release spray. For 200 servings, use 12 pans.
7. Combine the sauce and spaghetti noodles.
8. Portion 1 cup with an 8 ounce ladle or spoodle.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	2.250
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	527.18		
Fat	15.59g		
Saturated Fat	4.78g		
Trans Fat	2.39g		
Cholesterol	62.09mg		
Sodium	540.25mg		
Carbohydrates	72.86g		
Fiber	10.48g		
Total Sugar	14.04g		
Added Sugar	0.00g		
Protein	27.34g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	24.20mg	Iron	3.00mg

Nutrition - Per 100g

Calories	245.16		
Fat	7.25g		
Saturated Fat	2.22g		
Trans Fat	1.11g		
Cholesterol	28.87mg		
Sodium	251.24mg		
Carbohydrates	33.88g		
Fiber	4.88g		
Total Sugar	6.53g		
Added Sugar	0.00g		
Protein	12.72g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	11.25mg	Iron	1.39mg