

Spaghetti and Meat Sauce



Servings:	100.00	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	17 1/2 Pound		100158
ONION DEHY CHPD	7 Ounce		263036
SEASONING ITAL HRB	1 1/2 Cup		428574
SALT IODIZED	2 Tablespoon		125557
TOMATO DCD 6-10 COMM	1 1/2 #10 CAN		150590
TOMATO PASTE FCY	1 1/2 Quart	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
SAUCE TOMATO	16 2/3 Cup	1 #10 can + 1 quart	306347
SAUCE WORCESTERSHIRE	2/3 Cup		109843
Water	4 1/5 Gallon	READY_TO_DRINK	Water
PASTA SPAG 51 WGRAIN	9 3/4 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	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	363.36		
Fat	13.33g		
Saturated Fat	4.18g		
Trans Fat	2.09g		
Cholesterol	54.33mg		
Sodium	422.64mg		
Carbohydrates	41.55g		
Fiber	5.49g		
Total Sugar	7.16g		
Added Sugar	0.00g		
Protein	21.31g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.48mg	Iron	1.87mg

Nutrition - Per 100g

Calories	256.92		
Fat	9.43g		
Saturated Fat	2.95g		
Trans Fat	1.48g		
Cholesterol	38.41mg		
Sodium	298.83mg		
Carbohydrates	29.38g		
Fiber	3.88g		
Total Sugar	5.06g		
Added Sugar	0.00g		
Protein	15.07g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.41mg	Iron	1.32mg