

# Spaghetti and Meat Sauce

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57770
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

## Nutrition - Per 100g

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