

Lasagna with Ground Beef

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	6 lb 8 oz				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes. 2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat. 3. Assemble ingredients as follows in steam table pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 100 servings, use 4 pans.
Fresh onions, chopped	6 lb	1 gal			
<i>Or</i>		<i>Or</i>			
Dehydrated onions	1 lb 2 oz	2 qt 1 cup			
Granulated garlic		¼ cup			
Ground black or white pepper		2 tsp			
Dried parsley		½ cup			
Canned diced tomatoes, low sodium, with juice	8 lb 8 oz	1 gal ½ cup (1 1/3 No.10 cans)			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cups (1/2 No.10 can)			
Water		1 gal 2 qt			
Dried basil		¼ cup 2 Tbsp			
Dried oregano		¼ cup 2 Tbsp			
Dried marjoram		2 Tbsp			
Dried thyme		2 tsp			

Enriched lasagna noodles, uncooked (at least 0.78 oz each)	5 lb 8 oz	112 each			<p>For each pan:</p> <p>1st layer – 1 qt ½ cup sauce</p> <p>2nd layer – 14 uncooked noodles lengthwise</p> <p>3rd layer – 1 qt ½ cup sauce</p> <p>4th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) cheese blend and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese</p> <p>5th layer – 14 uncooked noodles crosswise</p> <p>6th layer – 1 qt ¾ cup sauce</p> <p>7th layer – 6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese.</p> <p>4. Tightly cover pans.</p> <p>5. Bake: Conventional oven: 350°F for 1 ¼ - 1 ½ hours Convection oven: 325°F for 45 minutes</p> <p>CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p>6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.</p> <p>CCP: Hold for hot service at 135°F or higher.</p> <p>7. Cut each pan 5 x 5 (25 pieces per pan).</p> <p>Notes:</p> <ul style="list-style-type: none"> • Mature onions – 6 lb 14 oz food as purchased.
Cheese blend of American and skim milk cheeses, shredded	3 lb 2 oz	3 qt ½ cup			
Mozzarella cheese, part skim, shredded	4 lb 12 oz	1 gal 3 cups			

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate, 3/8 c of vegetable, and ¾ serving of grains/breads.	About 45 lb 8 oz, 4 steam table pans

Nutrients Per Serving

Calories	269	Vitamin A	910 IU	Iron	2.65 mg
Protein	20 g	Vitamin C	16.3 mg	Calcium	304 mg
Carbohydrate	28 g	Fiber	2.3 g	Cholesterol	34 mg
Fat	9 g	% Fat	30 %	Sodium	400 mg
Saturated Fat	5 g	% Saturated Fat	17 %		