

# Spaghetti w/Meat Sauce

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)	17 lb				<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>2. Add onions. Cook for 5 minutes.</li> <li>3. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.</li> </ol> <p style="color: red;">CCP: Heat to 155°F or higher for at least 15 seconds.</p> <ol style="list-style-type: none"> <li>4. Heat water to rolling boil. Add salt.</li> </ol>
Fresh onions, chopped	1 lb	2 2/3 cups			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Dehydrated onions	3 oz	1 ½ cups			
Granulated garlic		3 Tbsp			
Ground black or white pepper		1 Tbsp			
Canned tomato puree	10 lb	1 gal 2 cups (1 ½ No.10 cans)			
Water		1 gal			
Salt		2 Tbsp			
Dried parsley		½ cup			
Dried basil		¼ cup			
Dried oregano		¼ cup			
Dried marjoram		2 Tbsp			
Dried thyme		1 Tbsp			
Water		12 gal			
Salt		¼ cup			

Whole grain spaghetti, broken into thirds	9 lb 8 oz	1 gal 3 ¾ qt			<p>5. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. <b>DO NOT OVERCOOK.</b> Drain well. Run cold water over spaghetti to cool slightly.</p> <p>6. Stir spaghetti into meat sauce.</p> <p>7. Divide mixture equally into medium half-steam table pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 100 servings, use 6 pans.</p> <p style="color: red;">CCP: Hold for hot service at 135°F or higher.</p> <p>6. Portion with 8 oz ladle (1 cup) per serving.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>• Mature onions – 1 lb 4 oz food as purchased.</li> </ul>
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Serving Size	1 Serving Provides	Yield
1 cup (8 oz ladle)	2 oz equivalent meat/meat alternate, 3/8 c of vegetable, and 1 serving of grains/breads.	About 6 medium half steam table pans; about 6 gallons 1 qt

### Nutrients Per Serving

Calories	322	Vitamin A	636 IU	Iron	3,96 mg
Protein	21.23 g	Vitamin C	5.3 mg	Calcium	47 mg
Carbohydrate	34.24 g	Fiber	4.45 g	Cholesterol	51 mg
Fat	10.7 g	% Fat	30 %	Sodium	310 mg
Saturated Fat	4.4 g	% Saturated Fat	12 %		