

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef stock, non-MSG		2 cups		1 qt	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	8 oz	$\frac{3}{4}$ cup 3 Tbsp OR 5 each	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp OR 9 each	
Rolled oats	14 $\frac{1}{2}$ oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups	
Instant nonfat dry milk	2 $\frac{1}{4}$ oz	$\frac{3}{4}$ cups 2 Tbsp	4 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cups	2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Raw ground beef (no more than 20% fat)	7 lb 14 oz		15 lb 12 oz		
*Fresh onions, finely chopped OR Dehydrated onions	9 oz OR $\frac{3}{4}$ oz	1 $\frac{1}{2}$ cups OR $\frac{1}{4}$ cup 2 Tbsp	1 lb 2 oz OR 1 $\frac{1}{2}$ oz	3 cups OR $\frac{3}{4}$ cup	
*Fresh celery, diced finely	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	
Dried parsley		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Ground black or white pepper		1 Tbsp		2 Tbsp	3. Portion with level firmly packed No. 16 scoop ($\frac{1}{4}$ cup) into steamtable pans (12" x 20" x 2 $\frac{1}{2}$ "), 25 meat balls per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.
Granulated garlic		1 Tbsp		2 Tbsp	
Dried basil		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried oregano		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried marjoram		$\frac{1}{2}$ tsp		1 tsp	
Dried thyme		$\frac{1}{2}$ tsp		1 tsp	
Salt		1 tsp		2 tsp	

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	<p>4. Bake: Conventional oven: 350° F for 40 minutes Convection oven: 275° F for 40 minutes CCP: Heat to 155° F or higher for at least 15 seconds.</p> <p>OR</p> <p>If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	5. Drain fat from pans.
	6. CCP: Hold for hot service at 135° F or higher.
	Portion 2 meat balls per serving.
	7. Serve with Brown Gravy (see G-03), Meatless Tomato Sauce (see G-07), or in a meat ball submarine sandwich.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	11 oz	1 lb 6 oz
Celery	1 lb 4 oz	2 lb 8 oz

SERVING:	YIELD:	VOLUME:
2 meat balls provide 2 oz equivalent meat/meat alternate and ½ serving grains breads.	50 Servings: about 11 lb 2 ½ oz 100 Servings: about 22 lb 5 oz	50 Servings: 1 gallon 2 ¾ quarts (raw) 100 meat balls 100 Servings: 3 gallons 1 ½ quarts (raw) 200 meat balls

Tested 2004

Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups

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water in place of eggs.

Nutrients Per Serving					
Calories	195	Saturated Fat	4.22 g	Iron	2.23 mg
Protein	17.04 g	Cholesterol	67 mg	Calcium	47 mg
Carbohydrate	7.90 g	Vitamin A	155 IU	Sodium	122 mg
Total Fat	10.26 g	Vitamin C	3.1 mg	Dietary Fiber	1.3 g