

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 8 oz		11 lb		1. Brown ground beef and ground pork. Drain. Continue immediately. Add onions. Cook for 5 minutes.
Raw ground pork (no more than 20% fat)	3 lb		6 lb		
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2. Add granulated garlic, pepper, tomato puree, water, parsley, basil, oregano, marjoram, thyme, and salt. Simmer about 1 hour. CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt ½ cup (¾ No. 10 can)	10 lb	1 gal 1 cup (1 ½ No. 10 cans)	
Water		2 cups		1 qt	3. Heat water to rolling boil. Add salt.
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Water		6 gal		12 gal	
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly. 5. Stir into meat sauce. 6. Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.

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7. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup) per serving.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	10 oz	1 lb 4 oz

SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate, $\frac{3}{8}$ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 3 medium half-steamtable pans

100 Servings: about 6 medium half-steamtable pans

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

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Nutrients Per Serving

Calories	320	Saturated Fat	3.99 g	Iron	3.70 mg
Protein	20.53 g	Cholesterol	54 mg	Calcium	38 mg
Carbohydrate	34.24 g	Vitamin A	640 IU	Sodium	307 mg
Total Fat	10.88 g	Vitamin C	5.8 mg	Dietary Fiber	2.9 g