

Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate

Main Dishes D-35

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) Dehydrated onions	8 lb 10 oz.. 6 oz 1 3/4 cup	17 lb 4 oz.. 12 oz 3 1/2 cups	1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
OR *Fresh onions, chopped ...	3 lb	OR 2 qt	6 lb	OR 1 gal	
Garlic powder	1 Tbsp 1 1/2 tsp	3 Tbsp	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour.
Black pepper	1 1/2 tsp	1 Tbsp	
Canned tomatoes, with liquid, chopped	4 lb 4 oz.. 1 lb 12 oz..	8 lb 8 oz.. 3 lb 8 oz..	3. Heat water to rolling boil. Add salt.
Tomato paste	1/2 No. 10 can 1/4 No. 10 can	1 1/2 No. 10 cans 1/2 No. 10 can	
Water	1 1/2 qt	3 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.
+Seasonings Flaked basil	3 Tbsp 2 tsp	1/4 cup 3 Tbsp	
Flaked oregano	3 Tbsp 2 tsp	1/4 cup 3 Tbsp	5. Stir into meat sauce.
Flaked marjoram	2 Tbsp 2 tsp	1/4 cup 1 Tbsp	
Flaked thyme	1 1/2 tsp	1 Tbsp	6. Pour into serving pans.
Water	3 gal	6 gal	
Salt	1 Tbsp	2 Tbsp	7. Portion 3/4 cup per serving.
Spaghetti, broken into thirds	3 lb 1 oz..	6 lb 2 oz..	

SERVING: 3/4 cup provides 2 ounces of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate.

YIELD: 50 servings: about 2 3/4 gallons
100 servings: about 5 gallons

* See marketing guide on back.

Italian Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/2 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.

(Continued on back)

Spaghetti and Meat Sauce (Continued)

Main Dishes D-35

Variation

a. Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

50 servings: In step 1, use 5 lb 10 oz raw ground beef and 3 lb raw ground pork (no more than 24 percent fat). Continue with steps 2-7.

100 servings: In step 1, use 11 lb 4 oz raw ground beef and 6 lb raw ground pork (no more than 24 percent fat). Continue with steps 2-7.

Nutrients Per Serving

Calories	288	Vitamin A	75 RE/628 IU	Iron	3.0 mg
Protein	18 g	Vitamin C	14.0 mg	Calcium	44 mg
Carbohydrate	26 g	Thiamin	0.20 mg	Phosphorus	180 mg
Fat	12 g	Riboflavin	0.24 mg	Potassium	526 mg
Cholesterol	49 mg	Niacin	4.73 mg	Sodium	191 mg

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___ Serving Recipe
Mature onions	3 lb 7 oz	6 lb 14 oz