

ITALIAN ROTINI CASSEROLE (ENRICHED)

MEAL COMPONENT CONTRIBUTION:

2½ oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, ½ cup red/orange vegetable, ¼ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ¾ cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES
(RED/ORANGE) : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pasta, Spiral, Enriched, #2136	6 pounds + 8 ounces
Water, Boiling, Municipal	2 gallons
Beef, Gound, 80/20, #1001	17 pounds + 8 ounces
Onions, Frozen, Diced, #1610	3 1/2 cups
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Spice Blend MS, Italian, No Salt, #2734	1 1/2 cups
Tomatoes, Diced, #10 Can, #2828	1 #10 can + 1 1/2 quarts
Paste, Tomato, #10 Can, #2825	1 quart + 2 cups
Sauce, Tomato, #10 Can, #2826	1 #10 can + 1 1/2 quarts
Sauce, Worcestershire, Bulk, #2258	2/3 cup
Water, Municipal, Mississippi	2 quarts + 3 cups
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	4 pounds

DIRECTIONS

1. If the beef, green peppers, and onions are frozen, thaw them in the refrigerator. Drain the peppers and onions thoroughly on the day of assembly.

CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.

2. To cook the pasta:

- Weigh out uncooked rotini pasta to cook.
- Slowly add rotini to boiling water. Cook the pasta for 5-6 minutes.
- Drain the pasta well and set it aside for step 6.

Pasta prepared for casseroles is undercooked and will continue to cook to al dente during baking.

Pasta may also be cooked in a steamer or combi oven. Different steamers and combi ovens vary in time and settings, so check with the manufacturer for correct instructions.

Pasta amounts are based on USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher.

3. Brown the ground beef and then drain it. Press the draining beef to remove excess fat.
4. Add the onions and green peppers to the ground beef mixture. Sauté the beef mixture for 2 minutes, or until onions are lightly browned.
5. Add Italian Spice Blend to the meat mixture and blend it in well. Then add the diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water.

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DIRECTIONS

6. Bring this mixture to a boil then lower the heat to a simmer.
Cook the spaghetti sauce for 1 hour, stirring occasionally to prevent sticking.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process.
7. Combine the spaghetti sauce with the cooked rotini. Cook the mixture over medium heat, uncovered, until heated through (5 to 10 minutes).
8. Portion about 7½ quarts of rotini and meat per full-size steamtable pan.
9. Sprinkle shredded cheese evenly over pans. Bake at 350 degrees F for 15 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
10. Portion ¾ cup per serving using a 6 ounce spoodle per serving. Each portion provides 2½ oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, ½ cup red/orange vegetable, and ¼ cup other vegetable.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

Do not overcook rotini. This increases the volume.

NUTRIENTS PER SERVING

Calories	340	Dietary Fiber	2.95 g	Sodium	591.00 mg	Sat. Fat	7.05 g
Carbohydrates	29.57 g	Protein	20.60 g	Total Fat	16.35 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF ITALIAN ROTINI CASSEROLE (ENRICHED)

1.



Spaghetti sauce being combined with the cooked rotini.

2.



Spaghetti sauce and rotini in steam table pan

3.



Cheese being sprinkled over the pans of rotini and meat.

4.



1 serving of Italian Rotini