

# SPAGHETTI AND MEAT SAUCE (ENRICHED)

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, and ½ cup red/orange vegetable

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1/2 cup of spaghetti, 2/3 cup sauce

**RECIPE HACCP PROCESS:** #2 - Same day service



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	17 pounds + 8 ounces
Onions, Frozen, Diced, #1610	3 1/2 cups
Peppers, Green, Diced, Frozen, #1613	1 quart + 3 1/4 cups
Spice Blend MS, Italian, No Salt, #2734	1 1/2 cups
Salt, Table, #2723	2 tablespoons
Tomatoes, Diced, #10 Can, #2828	1 #10 can + 6 cups
Paste, Tomato, #10 Can, #2825	1 quart + 2 cups
Sauce, Tomato, #10 Can, #2826	1 #10 can + 1 quart
Sauce, Worcestershire, Bulk, #2258	2/3 cup
Water, Municipal, Mississippi	2 quarts + 3 cups
Water, Municipal, Mississippi	3 gallons + 2 quarts
Pasta, Spaghetti, Enriched, #2135	9 pounds + 8 ounces
Pan Release Spray, Vegetable Oil, #2514	20 second spray

## DIRECTIONS

- If the ground beef, onions, or green peppers are frozen, thaw them in the refrigerator. Drain the thawed onions and green peppers thoroughly before adding to the recipe.  
CCP: Hold under refrigeration (41 degrees F or lower).
- Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
- Add the onions and green peppers to the ground beef mixture. Sauté the mixture for 2 minutes, or until onions are lightly browned.
- Add the Italian Spice Blend and salt and stir the mixture to blend well.
- Add the diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and 2 quarts + 3 cups of water for every 100 portions.  
Bring this mixture to a boil and lower to a simmer. Cook the spaghetti sauce for 1 hour, stirring occasionally to prevent sticking or burning.  
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.
- After an hour of cooking the spaghetti sauce, transfer it to steamtable pans.  
Serve the Spaghetti and Meat Sauce immediately, or cover it and place it in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.  
CCP: Cover and hold for service at 135 degrees F or higher. Check the temperature every 30 minutes.

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## DIRECTIONS

7. Boil 3 gallons plus 2 quarts of water for every 100 portions.
8. Break the spaghetti noodles in half.
9. Slowly add the spaghetti noodles to the boiling water. Reduce the heat and simmer the pasta for 7-9 minutes, or until it is al dente (cooked just long enough to be firm and not too soft), according to package directions. Pasta amounts are based on the USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield. Different steamers and combi-ovens vary in time and settings, so check with the manufacturer for correct instructions.
10. Spray full size steamtable pans (12" x 20" x 4") with food release spray. Divide the spaghetti equally among the pans. Serve immediately, or cover the pans and place the pans in the warmer until service. Hot holding pasta for long periods of time will increase the volume and the yield.  
CCP: Cover and hold for service at 135 degrees F or higher. Check the temperature every 30 minutes.  
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11. Portion ½ cup of spaghetti with a #8 scoop or a 4 ounce spoodle. Portion 2/3 cup sauce with #6 scoop and serve over spaghetti. An optional method of service is to combine the sauce and spaghetti and portion one cup with an 8 ounce ladle or 8 ounce spoodle. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of enriched grain, and ½ cup of red/orange.  
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 4 hours.

## PRODUCTION NOTES

- Pasta amounts are based on the USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield. Different steamers and combi-ovens vary in time and settings, so check with the manufacturer for correct instructions.
- Thaw the ground beef, onions, and green peppers in the refrigerator. Drain the thawed onions and green peppers thoroughly before adding to the recipe.

## SERVING NOTES

An optional method of service is to combine the sauce and spaghetti and portion one cup with an 8 ounce ladle or 8 ounce spoodle.

## PURCHASING GUIDE

- Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.
- Use USDA Foods or Department of Defense (DoD) products when available

## MISCELLANEOUS NOTES

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

## NUTRIENTS PER SERVING

Calories	351	Dietary Fiber	2.40 g	Sodium	451.00 mg	Sat. Fat	4.60 g
Carbohydrates	41.00 g	Protein	17.00 g	Total Fat	12.70 g	Trans Fat	0.00 g

# SPAGHETTI AND MEAT SAUCE (ENRICHED)

## ILLUSTRATED STEPS FOR PREPARATION OF SPAGHETTI AND MEAT SAUCE (ENRICHED)

1.



Adding Italian Spice Blend and salt to ground beef mixture

2.



Adding diced tomatoes, tomato paste, and tomato sauce to ground beef mixture

3.



1 serving of Spaghetti and Meat Sauce (combined)

4.



1 serving of Spaghetti with Meat Sauce served on top