

# MEATBALLS (MADE)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, ½ oz. eq. whole grain, 1/8 cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** 2 meat balls

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



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES  
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Paste, Tomato, #10 Can, #2825	1 cup
Water, Municipal, Mississippi	1 cup
Base, Beef, Low Sodium, #2500	1 teaspoons
Eggs, Whole, Fresh, #1318	8 eggs
Cereal, Oatmeal, Quick, WGR, #2123	1 pound + 1 ounce
Milk, Dry, Nonfat Powder, #2019	1/2 cup
Beef, Gound, 80/20, #1001	7 pounds + 14 ounces
Onions, Yellow, Diced 1/4", Raw, #4009	1 1/4 cups
Celery, Fresh, Diced, #4005	3 cups
Spice Blend MS, Italian, No Salt, #2734	1/3 cup + 2 tablespoons
Pan Release Spray, Vegetable Oil, #2514	10 second spray

**DIRECTIONS**

- Thaw the beef in the refrigerator.  
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Combine the tomato paste, water, stock, eggs, oats, and dry milk in mixer with the paddle attachment for 2 minutes on medium speed.
- Add the ground beef, onions, celery, and spice blend to the mixture. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX. If you are using smaller amounts, this can be mixed in a bowl.
- Portion the meat with a level firmly packed #20 scoop (¼ cup) onto sheet pan sprayed with pan release spray or lined with sheet liners.
- To bake:  
Conventional oven: 325 degrees F for 45 minutes.  
Convection oven: 300 degrees F for 50 minutes.  
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Remove the pans from the oven and drain the fat from the pans.
- Remove the meatballs from the oven and place in 2½ inch deep steamtable pans. Serve it immediately, or cover it and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.  
CCP: Cover and hold the product for service at 135 degrees F or higher. Check temperature every 30 minutes.
- Serve the meatballs with brown gravy, meatless tomato sauce, or in a meat ball submarine sandwich. If gravy or tomato sauce is added, or the meat balls are served with additional ingredients, the nutritional analysis will be altered and a recipe analysis must be modified to include additional ingredients.

# MEATBALLS (MADE)

**DIRECTIONS**

9. Portion 2 meat balls for serving. Each portion provides 2 oz. eq. meat/meat alternate, ½ oz. eq. of whole grain, and 1/8 cup serving of 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.

**NUTRIENTS PER SERVING**

Calories	196	Dietary Fiber	1.43 g	Sodium	112.39 mg	Sat. Fat	4.41 g
Carbohydrates	8.73 g	Protein	12.63 g	Total Fat	12.09 g	Trans Fat	0.00 g