

# SPAGHETTI AND MEAT SAUCE (WGR)

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole 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 : WHOLE GRAINS : 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 cans + 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, WGR, #2135	5 pounds + 12 ounces
Pan Release Spray, Vegetable Oil, #2514	20 second spray

## DIRECTIONS

- 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.
- 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. Blend well, then add the diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and 2 quarts + 3 cups of water.
- 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. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Transfer the spaghetti sauce to 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 for service at 135 degrees F or higher. Check temperature every 30 minutes.

# SPAGHETTI AND MEAT SAUCE (WGR)

## DIRECTIONS

7. Boil 3 gallons plus 2 quarts of water.  
Break the spaghetti noodles in half. 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 USDA Food Buying Guide.  
Overcooking or hot holding pasta for long periods of time will increase the volume and the yield.
8. Divide the pasta equally into half-sized steamtable pans (10" x 12" x 4") which have been lightly sprayed with pan release spray. For 100 servings, use 6 pans.  
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 temperature every 30 minutes.
9. 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 whole 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 2 hours.

## PRODUCTION NOTES

Do not overcook spaghetti noodles. This increases the volume.

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.

## SERVING NOTES

Optional method of service: combine the sauce and spaghetti and portion one cup with an 8 ounce ladle or 8 ounce spoodle.

## NUTRIENTS PER SERVING

Calories	276	Dietary Fiber	3.31 g	Sodium	607.00 mg	Sat. Fat	4.49 g
Carbohydrates	25.89 g	Protein	15.17 g	Total Fat	12.45 g	Trans Fat	0.00 g

# SPAGHETTI AND MEAT SAUCE (WGR)

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

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