

Meat Spaghetti Sauce

Component: Meat, Vegetable (extra)

Recipe Category: Main Dish

Recipe #D-03 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	6 lb 8 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p>2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.</p> <p>3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.</p> <p>4. CCP: Heat to 165° F or above for 15 seconds.</p> <p>5. CCP: Hold at 135° F or above.</p>
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups			
Canned tomato paste	2 lb 4 oz	1 qt			
Water		2 qt 1 cup			
Sugar		2 Tbsp 2 tsp			
Dried basil		1 ½ tsp			
Dried oregano		1 ½ tsp			
Salt		1 ½ tsp			
Granulated garlic		1 Tbsp 1 tsp			
Ground black or white pepper		1 ½ tsp			

Meat Spaghetti Sauce

Component: Meat, Vegetable (extra)

Recipe Category: Main Dish

Recipe #D-03 modified

Notes:

Nutrient information calculated using Food Processor (USDA recipe (Edited 2014, Edited 2007)).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1 serving about $\frac{3}{8}$ cup provides 1 $\frac{1}{2}$ oz cooked lean meat, $\frac{1}{4}$ cup of vegetable

1-2 years: $\frac{2}{3}$ serving or about $\frac{1}{4}$ cup

3-5 years: 1 serving or about $\frac{3}{8}$ cup

6-18 years: 1 $\frac{1}{3}$ serving or about $\frac{1}{2}$ cup

Nutrients Per Serving

Calories	126	Saturated Fat	2.34 g	Iron	2.02 mg
Protein	12.81 g	Cholesterol	38.33 mg	Calcium	19.26 mg
Carbohydrate	5.25 g	Vitamin A	18.04 RAE mcg	Sodium	122.94 mg
Total Fat	6.01 g	Vitamin C	4.99 mg	Dietary Fiber (2016)	1.02 g