

# Meat Spaghetti Sauce

Component: Meat, Vegetable (extra)

Recipe Category: Main Dish

Recipe #D-03 modified

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Ground beef, raw, no more than 10% fat	6 lb 8 oz				<p>1. Brown ground beef. Drain. Continue immediately.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155°F for 17 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></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><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F</i></p>
*Onions, raw, chopped	12 oz	2 cups			
OR	OR				
Dehydrated onions	2 ¼ oz				
Tomato paste, canned, low-sodium	2 lb 4 oz	1 qt			
Water		2 qt 1 cup			
Sugar		2 Tbsp 2 tsp			
Basil, dried		1 ½ tsp			
Oregano, dried		1 ½ tsp			
Salt		1 ½ tsp			
Granulated garlic (adjust as needed)		1 Tbsp 1 tsp			
Ground black or white pepper		1 ½ tsp			

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## 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
Mature Onion	14 oz	1 lb 12 oz

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

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