

SPAGHETTI/MEATSAUCE - SPAGHETTI W/BEEF SAUCE

Shared By: Sallie B. Howard (Wilson County)

Recipe:	R-0327	HACCP Process:	Same Day Service		
# of Servings:	390.00	Serving Size:	1 CUP	Source:	LOCAL
Grams Per Serving:	418.99	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Water, tap, municipal	20 GALLON	1. Heat water to rolling boil in braising pan.
PASTA, SPAGHETTI, WG	37 LB DRY TO COOKED + 8 OZ DRY TO COOKED	2. Slowly add spaghetti noodles. Stir constantly until water boils again. Cook about 15 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
BEEF, FINE GROUND, RAW, FROZEN	30 LB FROZEN TO COOKED	3. Place ground beef in braising pan with a little water or oil. Season meat with Adobo, cook for 60 to 75 minutes or until internal temperature reaches 155°F or higher. Drain well. CCP: Heat to 155°F or higher.
Adobo, Goya Seasoning	1/2 CUP	
SAUCE, SPAGHETTI	12 #10 CAN	4. Mix spaghetti sauce, seasonings and beef and heat through.
Italian Seasoning	1/2 CUP	
Basil, Sweet, dried	1/2 CUP	
Sugars, granulated	1 CUP + 1/2 CUP	
CHEESE, CHEDDAR, YELLOW, SHREDDED, 3LB	30 LB	5. Evenly layer ingredients in 12 x 20 x 4 in (Full Size) pan. (Six pans will yield 390 one cup servings.) First layer in bottom of pan - Cooked Spaghetti & Meat Sauce Mixture Second layer - Shredded Cheese, 2.5lb Third layer - Cooked Spaghetti & Meat Sauce Mixture Fourth layer - Shredded Cheese, 2.5lb
		6. Wrap pan and place in warming cabinet until service.
		7. Portion with 8 oz serving spoon. CCP: Hold for hot service at 140°F or higher.

Notes:

Production Notes: 9.6 lbs of dry pasta yields 100 1/2 cup cooked pasta portions. (From 2001 Food Buying Guide)
1.0 lb raw ground beef yields 0.74lb cooked meat

Serving Notes: Beef Meat/Meat Alternate crediting from USDA Fact Sheet (copy in binder)
1 Cup Serving = 2 oz Meat/Meat Alternate & 1.0 Bread/Grain Serving

Nutrients Per Serving:		(per 1 CUP)			
Calories	483.469	Trans Fat (gm)	0.000*	Iron (mg)	3.496
Protein (gm)	24.438	Chol (mg)	59.615	Calc (mg)	277.939
Carb (gm)	60.956	Vit A (IU)	1083.076	Sodium (mg)	679.997
Tot Fat (gm)	18.224	Vit C (mg)	11.003	Fiber (gm)	9.773
Sat Fat (gm)	9.019			Sugars (gm)	8.577*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1 CUP)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	
Whole Grain- Rich (Oz. Eq.)	1.000	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	2.000	Fluid Milk (Cups)	

Allergens:

Milk, Wheat, Soybeans