

Meat Sauce for Pasta

100 - ½ cup servings

2 oz. eq. m/ma and .5 cup vegetable



Ingredients	For 100 servings		Directions
	Weight	Measure	
Ground Beef	18 lb.		Brown beef in a large pan or pot. Drain. Combine beef with Marinara sauce and spices in 2 – 4” full sized hotel pans that have been well sprayed with pan release spray. Mix well to incorporate beef and spices. Cover pan with food service film and foil tightly. Cook until sauce reaches 165 degrees for 1 minute. Hold at 140 degrees until served over pasta.
Marinara Sauce, canned, low sodium		5#10 cans	
Basil Leaves, dry whole		¼ cup	
Oregano Leaves, dry, whole		¼ cup	
Garlic Powder		¼ cup	
Pepper, black		1 T.	

Serving size and yield	
Serving size:	½ cup
Yield:	50

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	350	30-40 minutes
Convection:	325	20-30 minutes

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:		ounce equivalents ¹
Fruits:		cups
Vegetables:	.5	cups



Nutrients per serving									
Calories	227	Total fat (g)	11	Cholesterol (milligrams (mg))	53	Sodium (mg)	625	Iron (mg)	3.2
Protein (grams (g))	18.1	Saturated fat (g)	3	Total sugars (g)	0	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	15.9	Trans fat (g)	0	Dietary fiber (g)	5.7	Calcium (mg)	38		