



## 825093 - Italian Meat Sauce

Source: K12 Culinary

Number of Portions: 60

Size of Portion: 2/3 cup

### Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 0.375 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

### Attributes:

Meat/Meat Alter

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL....	10 LBS (raw)	Thaw ground beef in a pan on bottom shelf of refrigerator.  <b>CCP: Hold at 41 degrees F. or lower.</b>
825023R Seasoning Blend, Italian.....	3 Tbsp	Prepare school made Italian Blend Seasoning Mix according to the recipe.
011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 050543 SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, C... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 825316 Tomato Sauce, Red Gold 72940-81800..... 900164 BAY LEAVES.....	1 CUP (chopped/diced) 1 pouch, 106 oz 1 can, #10 2 cups 4 each, leaf	Brown beef in a tilt skillet or kettle and drain fat. Add onion and cook for 2 minutes. Add spaghetti sauce, diced tomatoes, tomato sauce, bay leaves, and 3 Tablespoons of the school-made Italian Blend Seasoning mixture. Cook covered at a very low simmer for 30 minutes. If using tilt skillet, set at 200 degrees F. <b>CCP: Heat to 155° F or higher for at least 15 Seconds</b>
		Transfer to 4 inch deep full size steamtable pan. Serve 2/3 cup using No. 6 disher. (Note: serve with pasta according to the menu requirements.)  <b>CCP: Hold for hot service at 135° F or higher</b>
		Cool leftover sauce properly, cover and label, and place in refrigerator for re-service within 3 days of original preparation. <b>CCP: Cool to 41° F or lower within 4 hours.</b>  <b>CCP: Heat to 165° F or higher for at least 15 seconds</b>  <b>CCP: Hold for hot service at 135° F or higher</b>

\*Nutrients are based upon 1 Portion Size (2/3 cup)

Calories	166 kcal	Cholesterol	44 mg	Sugars	*1.6* g	Calcium	30.79 mg	43.76%	Calories from Total Fat
Total Fat	8.06 g	Sodium	229 mg	Protein	14.84 g	Iron	2.19 mg	16.11%	Calories from Saturated Fat
Saturated Fat	2.97 g	Carbohydrates	7.31 g	Vitamin A	408.3 IU	Water <sup>1</sup>	*31.01* g	*1.50%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.28* g	Dietary Fiber	0.65 g	Vitamin C	6.1 mg	Ash <sup>1</sup>	*0.63* g	17.65%	Calories from Carbohydrates
								35.81%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									