



825003 - Marinara Sauce: School Made

Source: K12 Culinary

Number of Portions: 28

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	2 CUPS (fresh, diced)	Using a large stockpot or kettle, sauté onions and oil over medium heat until translucent, approximately 5-7 minutes. Add basil, granulated garlic, oregano, parsley, and black pepper to the onions. Stirring constantly, for 1-2 minutes. Add water to the pan, and stir. Add crushed tomatoes, stir to combine. Bring to a simmer over medium heat, and allow to cook for approximately 15-20 minutes or until flavors have combined. CCP: Heat to 135° F or higher.
050385 OIL, VEGETABLE.....	2 Tbsp	
002003 SPICES,BASIL,DRIED.....	1 Tbsp	
799903 GARLIC,GRANULATED.....	1 Tbsp	
002027 SPICES,OREGANO,DRIED.....	1 TBSP (leaves)	
002029 PARSLEY,DRIED.....	1 Tbsp	
002030 PEPPER,BLACK.....	2 tsp	
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	2 cups	
051504 Tomatoes, Diced, No Salt Added, Canned...	1 #10 can	Marinara sauce may be used as sauce for spaghetti and meatballs, dipping sauce, pizza sauce, meatball subs, topping for pasta, etc. It is included as a sub-recipe in several other K-12 Culinary menu items. Sauce may be prepared in bulk, properly cooled, and frozen for later use. If this procedure is used, HACCP Process will change to #3 Complex.

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

Calories	39 kcal	Cholesterol	0 mg	Sugars	*3.3* g	Calcium	26.10 mg	23.47%	Calories from Total Fat
Total Fat	1.02 g	Sodium	14 mg	Protein	1.18 g	Iron	0.79 mg	3.55%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	6.39 g	Vitamin A	431.3 IU	Water ¹	*31.42* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.23 g	Vitamin C	11.2 mg	Ash ¹	*0.13* g	65.28%	Calories from Carbohydrates
								12.04%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.