



## 825179 - Meatball Cabbage & Tomato Bowl

Source: Farm to School

Number of Portions: 40

Size of Portion: each

### Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 1 cup

Milk:

### Recipe Subgroups:

Vegetable, Starchy

Vegetable, Red/Orange

Vegetable, Other

### Attributes:

Meat/Meat Alter

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825011 Meatball, Beef, JTM 5030CE.....	200 each, 0.56 oz	Thaw meatballs overnight in refrigerator. Note: Meal crediting may change depending on commercial product used in the recipe.  (Note: One 5 lb bag of meatballs contains about 28 (5 each) servings.) <b>CCP: Hold at 41 degrees F. or lower.</b>
011110 CABBAGE,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, EP, shredded)	Remove undesirable cabbage leaves from head. Rinse heads under running water and drain in a colander. Cut cabbage heads into quarters and remove core. Cut into strips approximately ¼ to ½ inch wide. Weigh 4 pounds of prepared cabbage and set aside. (Note: It takes About 4 lbs. 12 oz. of cabbage heads to equal 4 lbs. shredded.)
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 LB (fresh, diced)	Rinse onions under running water; dice into ¼ inch pieces. Weigh required amount of prepared onions and set aside for next step.

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 051504 Tomatoes, Diced, No Salt Added, Canned..... 825316 Tomato Sauce, Red Gold 72940-81800..... 019335 SUGARS,GRANULATED..... 014429 WATER,MUNICIPAL..... 901058 OREGANO LEAVES,DRIED..... 002020 GARLIC POWDER..... 901088 PEPPERS, CRUSHED RED.....	1/4 cup 2 qts 2 cups 2 tsp 1 qt + 1 PINT 1 TBSP (leaves) 1 Tbsp + 1 tsp 1/2 tsp	Heat a large stockpot or kettle to medium, add vegetable oil and sauté onions 3 to 4 minutes.  Add diced tomatoes, tomato sauce, sugar, water, oregano, garlic powder, and red pepper flakes. Bring to a boil, then reduce to a simmer. Add shredded cabbage, cover, and cook 30 minutes until cabbage is tender. (Note: Do not overcook cabbage; it should be fork tender.)  Add meatballs to cabbage mixture. Cook uncovered on simmer for additional 10 minutes until sauce begins to thicken. <b>CCP: Internal temperature of meatballs should reach at least 165° F or above.</b>  Transfer to 4 inch deep full size steam table pan and hot hold until service. <b>CCP: Hold at 135 degrees F. or above.</b>
825175 Potato Pearls, Excel, Basic American 764..... 014429 WATER,MUNICIPAL.....	1 bag, 28 oz 1 gal + 1 cup	While cabbage mixture is cooking, prepare mashed potatoes according to manufacturer's instructions. Heat water to 170 to 190 degrees. F. and pour into steam table pan. Quickly pour entire pouch of potato pears into the hot water and stir rapidly for 15 to 20 seconds with a slotted spoon making sure to cover all corners of the pan. Allow potatoes to sit for 5 minutes to hydrate. Stir well. Note: Potatoes are best when prepared as needed for just in time service. <b>CCP: Hold for hot service at 135° F or higher</b>
		To serve: • Place ½ cup mashed potatoes in 12 oz. bowl using a number 8 disher. • Using 6 oz. spoodle, top potatoes with 5 meatballs and ½ cup vegetable per scoop. <b>CCP: Hold for hot service at 135° F or higher</b>

\*Nutrients are based upon 1 Portion Size (each)

Calories	386 kcal	Cholesterol	39 mg	Sugars	*17.7* g	Calcium	309.63 mg	30.03%	Calories from Total Fat
Total Fat	12.88 g	Sodium	666 mg	Protein	21.38 g	Iron	3.61 mg	9.53%	Calories from Saturated Fat
Saturated Fat	4.09 g	Carbohydrates	52.78 g	Vitamin A	673.6 IU	Water <sup>1</sup>	*622.99* g	*1.42%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.61* g	Dietary Fiber	12.63 g	Vitamin C	207.2 mg	Ash <sup>1</sup>	*3.24* g	54.71%	Calories from Carbohydrates
								22.16%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							