



## 825028 - Meatballs, Mega with Mariara

Source: K12 Culinary

Number of Portions: 40

Size of Portion: each

Alternate Recipe Name: Italian Mega Meatballs

Alternate Recipe Name 2: Meatloaf with Marinara

### Components:

Meat/Alt: 3 oz

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

### Attributes:

Ethnic Foods

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 85/15 raw ground beef in refrigerator on bottom shelf. Be sure to place beef in a pan to catch any drippings.
825023R Seasoning Blend, Italian.....	2 Tbsp + 1 tsp	Prepare school made Italian Blend Seasoning according to recipe #825023 and store in a plastic seasoning container in a cool, dry location. This seasoning blend is shelf stable and may be used in a variety of recipes! <b>CCP: No bare hand contact with ready to eat food.</b>
050456 OATS, ROLLED, UNENRICHED, QUICK, DRY, NO..... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 014429 WATER,MUNICIPAL..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002029 PARSLEY,DRIED..... 826532 PEPPER, BLACK, COARSE GROUND..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	1 lb 10 ozs 3 cups 10 ozs 1/2 cup + 1 Tbsp 1 Tbsp + 1 tsp 1 Tbsp + 1 tsp 2 1/2 tsp	Weigh oats and onions and place in large mixing bowl or mixer with flat paddle. Add oats, onions, water, eggs, parsley, school made Italian seasoning blend, black pepper, garlic, and salt and mix well.  Add beef and mix until oatmeal is completely seen throughout the meat.
		Line 2 full size sheet pans with parchment paper, then spray with pan release.  Using a no. 6 disher, portion meatballs 4 across and 6 down. To prevent lumping, press the meat lightly into the no. 6 disher to compact prior to releasing onto the pan liner. (Note: This mixture should make 40 mega meatballs so the second pan will have only 16 portions on the pan.)  Bake at 325 degrees F for 20 to 25 minutes. <b>CCP: Heat to 165° F or higher for at least 15 seconds</b>

825003R Marinara Sauce: School Made.....	2 qts + 1 PT	Prepare school made marinara sauce according to recipe # 825003. If sauce is cooked and cooled ahead of time, reheat to 165 degrees. <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds
		Spray 2 inch full size steamtable pan with pan release. Transfer 24 portions to each pan. (Note: If preparing the recipe as written for only 10 lbs of beef, the second pan will contain only 16 meatballs.)  Top pans of 24 portions with 1 ½ quart. marinara sauce. (This provides 1/4 cup of sauce with each mega meatball.) The second pan of 16 meatballs is topped with 1 quart of sauce.  Serve 1 mega meatball and about 1/4 cup sauce per portion. <b>CCP:</b> Hold for hot service at 135° F or higher

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

Calories	281 kcal	Cholesterol	93 mg	Sugars	*0.6* g	Calcium	45.46 mg	42.70%	Calories from Total Fat
Total Fat	13.32 g	Sodium	326 mg	Protein	24.32 g	Iron	3.54 mg	15.29%	Calories from Saturated Fat
Saturated Fat	4.77 g	Carbohydrates	13.72 g	Vitamin A	266.9 IU	Water <sup>1</sup>	*69.46* g	*1.33%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.41* g	Dietary Fiber	1.66 g	Vitamin C	3.3 mg	Ash <sup>1</sup>	*1.40* g	19.54%	Calories from Carbohydrates
								34.65%	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.