



## 825103 - Mexican Meatballs

Source: K12 Culinary

Number of Portions: 30

Size of Portion: 2 each

### Components:

Meat/Alt: 5 oz

Grains:

Fruit:

Vegetable: 0.25 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 85/15 raw ground beef in refrigerator on bottom shelf. Be sure to place beef in a pan to catch any drippings. <b>CCP: Hold at 41 degrees F. or lower.</b>
825025R Seasoning Blend, Southwestern.....	2 Tbsp + 1 tsp	Prepare school made Southwestern Blend Seasoning according to recipe #825025 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!
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..... 002030 PEPPER,BLACK..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	1 lb 10 OZS (frozen) 3 cups 10 ozs 1/2 cup + 1 Tbsp 1 Tbsp + 1/2 TSP (ground) 1 Tbsp + 1/2 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, 2 tablespoons and 1 teaspoon school made Southwestern 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. 20 disher, portion meatballs 6 across and 8 down. To prevent lumping, press the meat after portioning into the no. 20 disher to compact prior to panning. (Note: the second pan will contain only 12 meatballs if preparing 10 lb of beef.) <b>CCP: Heat to 165° F or higher for at least 15 seconds</b>

050540 SALSA, LOW-SODIUM, CANNED.....	1 qt + 3 1/2 cups	<p>Spray 2 inch deep full size steamtable pan with pan release. Transfer 48 meatballs to each pan. Note: when preparing 10 lb of beef, the second pan will contain only 12 meatballs.</p> <p>Top pan of 48 meatballs with 1 1/2 quart salsa and the pan of 12 meatballs with 1 1/2 cups of salsa. Serve 2 meatballs and 1/4 cup salsa per portion.</p> <p>(Note: Not all salsa provides vegetable component crediting for the red/orange vegetable subgroup for the volume served. For salsa products, like USDA Foods variety, containing all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. If using purchased salsa containing these non-creditable ingredients, you must obtain manufacturer's product formulation statement to show proper crediting.)</p> <p>Serve with pasta, rice, or tortillas, etc. as required by the menu. <b>CCP:</b> Hold for hot service at 135° F or higher</p>
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\*Nutrients are based upon 1 Portion Size (2 each)

Calories	356 kcal	Cholesterol	124 mg	Sugars	*0.2* g	Calcium	53.24 mg	43.77%	Calories from Total Fat
Total Fat	17.31 g	Sodium	378 mg	Protein	32.45 g	Iron	5.36 mg	15.86%	Calories from Saturated Fat
Saturated Fat	6.27 g	Carbohydrates	14.90 g	Vitamin A	533.8 IU	Water <sup>1</sup>	*85.18* g	*1.40%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.55* g	Dietary Fiber	2.86 g	Vitamin C	3.3 mg	Ash <sup>1</sup>	*1.88* g	16.75%	Calories from Carbohydrates
								36.47%	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.