



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:

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.
825023R Seasoning Blend, Italian.....	3 Tbsp	CCP: Hold at 41° F or lower. Prepare school made Italian Blend Seasoning Mix according to recipe #825023. Measure required amount and store remaining in an airtight container for use in other recipes.
011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT..... 051498 Spaghetti Sauce, Low-sodium, Pouch..... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 825316 Tomato Sauce, Red Gold 72940-81800.....	1 CUP (chopped/diced) 1 pouch, 106 oz 1 can, #10 2 cups	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, and school made Italian Blend Seasoning mixture. Cook covered at a very low simmer for 30 minutes. If using tilt skillet, set at 200° F. CCP: Heat to 155° F or higher for at least 15 Seconds
		Transfer to 4 inch full size pan. Serve 2/3 cup using no. 6 disher. (Note: serve with pasta according to the menu requirements.) CCP: Hold for hot service at 135° F or higher.

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

Calories	173	kcal	Cholesterol	44	mg	Sugars	*4.1*	g	Calcium	29.37	mg	47.82%	Calories from Total Fat
Total Fat	9.21	g	Sodium	217	mg	Protein	14.64	g	Iron	2.32	mg	17.06%	Calories from Saturated Fat
Saturated Fat	3.29	g	Carbohydrates	7.00	g	Vitamin A	570.2	IU	Water ¹	*31.01*	g	*1.43%*	Calories from Trans Fat
Trans Fat ²	*0.28*	g	Dietary Fiber	1.04	g	Vitamin C	7.7	mg	Ash ¹	*0.63*	g	16.15%	Calories from Carbohydrates
												33.79%	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.