



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL.... 011288 ONIONS,FRZ,CHOPD,CKD,BLD,DRND,WO/SALT.....	10 LBS (raw) 10 OZS (frozen)	Thaw 85/15 raw ground beef in refrigerator on bottom shelf. Weigh onions and thaw overnight in the refrigerator. (If raw diced onions are substituted for frozen onions, weigh the edible portion.) CCP: Hold at 41° F or lower.
825025R Seasoning Blend, Southwestern.....	2 Tbsp + 1 tsp	Prepare school made Southwestern Seasoning Blend 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..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 050430 EGGS, WHOLE, FROZEN, PASTEURIZED, RAW..... 002029 PARSLEY,DRIED..... 002030 PEPPER,BLACK..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	1 lb 3 cups 10 ozs 1/2 cup + 1 Tbsp 1 Tbsp + 1/2 TSP (ground) 1 Tbsp + 1/2 tsp 2 1/2 tsp	Place thawed in large mixing bowl or mixer with flat paddle. Add water, eggs, parsley, school made Southwestern Seasoning Blend, black pepper, garlic, and salt and mix well. Add beef and mix until oatmeal is evenly distributed and visible throughout the meat.
		Line 2 full size sheet pans with parchment paper, then spray with food release. (Note: each full size pan will hold 48 meatballs.) 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: 10 lb of raw ground beef will yield 60 meatballs and the second pan will contain only 12 meatballs if preparing 10 lb of beef.) CCP: Heat to 165° F or higher.

051495 Salsa, Low-sodium, Canned.....	1 qt + 3 1/2 cups	<p>Spray 2 inch full size pan with food 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 directed by the menu planner. CCP: Hold for hot service at 135° F or higher.</p>
---------------------------------------	-------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

*Nutrients are based upon 1 Portion Size (2 each)

Calories	354 kcal	Cholesterol	124 mg	Sugars	*2.2* g	Calcium	55.80 mg	43.74%	Calories from Total Fat
Total Fat	17.18 g	Sodium	379 mg	Protein	31.52 g	Iron	4.52 mg	15.92%	Calories from Saturated Fat
Saturated Fat	6.25 g	Carbohydrates	14.57 g	Vitamin A	693.6 IU	Water ¹	*85.18* g	*1.41%*	Calories from Trans Fat
Trans Fat ²	*0.55* g	Dietary Fiber	4.01 g	Vitamin C	12.8 mg	Ash ¹	*1.88* g	16.48%	Calories from Carbohydrates
								35.66%	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.