



Spaghetti and Meat Sauce

USDA Recipe for CACFP

This Spaghetti and Meat Sauce recipe consists of lean ground beef, tomato purée, carrots, and whole-wheat spaghetti.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat, $\frac{3}{8}$ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground beef, raw (no more than 15% fat)	4 lb 4 oz	2 qt	5 lb 8 oz	2 qt 3 cups	1 Brown ground beef uncovered over medium–high heat in a large stock pot. Stir often.
					2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					3 Drain meat. Return to stock pot.
*Onions, fresh, chopped	2½ oz	½ cup	5 oz	1 cup	4 Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.
*Green bell peppers, fresh, diced	2½ oz	½ cup	5 oz	1 cup	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2¼ tsp		1 Tbsp 1½ tsp	5 Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.
Black pepper, ground		¾ tsp	5 lb	1½ tsp	
No-salt-added tomato purée, canned	2 lb 8 oz	1 qt 2 cups (about ½ No. 10 can)		3 qt (about 1 No. 10 can)	
Salt		2 tsp		1 Tbsp 1 tsp	
Beef broth, low-sodium, canned		2 cups		1 qt	
Water		1 qt		2 qt	
Parsley, dried		2 Tbsp		¼ cup	
Basil, dried		1 Tbsp		2 Tbsp	
Oregano, dried		1 Tbsp		2 Tbsp	
Marjoram, dried		1½ tsp		1 Tbsp	
Thyme, dried		¾ tsp		1½ tsp	
*Carrots, fresh, shredded	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Set aside beef mixture for step 10.
Water		3 gal		6 gal	8 Heat water to a rolling boil.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat spaghetti noodles, dry, broken into thirds	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	9 Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.
					10 Combine pasta and beef mixture in stock pot. Stir.
					11 Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					12 Critical Control Point: Hold for hot service at 140 °F or higher.
					13 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	270
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	52 mg
Sodium	296 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	21 g
Vitamin D	1 IU
Calcium	45 mg
Iron	4 mg
Potassium	514 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Green bell peppers	5 oz	10 oz
Carrots	12 oz	1 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb	About 22 lbs
About 1 gal 3 qt/1 steam table pan (12" x 20" x 4")	About 3 gal 2 qt/2 steam table pans (12" x 20" x 4")