

# Bethel School District #52

## Recipe Prep Sheet



### 689 - Roasted Marinara Sauce

Recipe HACCP Process: #2 Same Day Service

Source: Bethel

Number of Portions: 75

Portion Size: 1 cup

Ingredient #	Ingredient Name	Measurements	Instructions
004582	OIL,CANOLA	1/2 CUP	Toss sliced or cut mushrooms with oil. Place sliced mushrooms and olives on a sheet pan and roast for 60 minutes at 400 F - ovens vary so watch this carefully.
011260	MUSHROOMS,FRESH	2 qt, pieces + 2 CUP, pieces	
011529	TOMATOES,FRESH,RED RIPE	3 large whole (3" dia)	Peel and quarter onions and tomatoes and coarsely chop red peppers. Mix with olives and place in a sprayed hotel pan. Drizzle with balsamic vinegar. Roast for about 45 mins until vegetables start to char and blister.
902130	ONIONS, FRESH	2 CUP, chopped	
903055	VINEGAR,BALSAMIC	1/2 CUP	
009193	OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 cup	
011821	PEPPERS,SWT,RED,RAW	2 CUP, sliced	
000711	BEEF GROUND ,80/20 Raw-to Cook & Drain	10 LB,raw weight	<b>CCP:</b> Heat to 165° F or higher for at least 15 seconds Brown ground beef in a steam kettle. Once browned,drain fat. Add all roasted vegetables to steam kettle. Add diced tomatoes and tomato sauce and mix well.
050542	TOMATOES, DICED, LOW-SODIUM, CANNED	1 #10 CAN	
043217	TOMATO SAU,CND,NO SALT ADDED	1 qt + 2 CUP	

\*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 required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Ingredient #	Ingredient Name	Measurements	Instructions
903156	BASIL LEAF	2 1/2 tbsp	Add herbs and seasonings  Blend sauce using an immersion blender until vegetables are almost pureed and ground beef is about half the size.
901864	ITALIAN SEASONING	3 tbsp	
002047	SALT, TABLE	1 1/2 TBSP	
903120	SPAGHETTI, WHOLE GRAIN RICH, USDA	4 lb + 12 OZ	Cook pasta until al dente
001032	CHEESE, PARMESAN, GRATED	2 lb	Combine 1.25 gallons sauce with 1.25 gallons cooked pasta per pan and mix well (or equal parts)  Sprinkle evenly with 1 lb grated parmesan cheese and place covered in the warmer until serving time.  This will provide 40 servings per pan.  Serving size is 1/2 cup or #8 scoop  <b>CCP:</b> Hold at 140° F or higher.

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

Calories <sup>1</sup>	291.387 kcal	Total Fat	12.386 g	Total Dietary Fiber	3.039 g	Vitamin C	25.326 mg	38.257% Calories from Total Fat
Saturated Fat <sup>1</sup>	4.442 g	Trans Fat <sup>2</sup>	*0.112* g	Protein	17.415 g	Iron	3.344 mg	13.720% Calories from Sat Fat
Sodium <sup>1</sup>	450.065 mg	Cholesterol	45.820 mg	Vitamin A	1618.244 IU	Water	*63.670* g	*0.346%* Calories from Trans Fat
Sugars	*2.217* g	Carbohydrate	27.237 g	Calcium	147.442 mg	Ash	*2.245* g	37.389% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.624			23.906% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup
		Vegetable	.5 cup	Milk	cup

Allergens							
Gluten	X	Milk	Wheat				

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