

# Recipe Prep Sheet

RSU 14 Windham Raymond School District

## 990191 - Mushroom Bolognese

Recipe HACCP Process:

Source: Chef Ryan

Number of Portions: 50

Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
011260	MUSHROOMS,WHITE,RAW	6 LB	Preheat the oven to 400 degrees
903089	OIL, VEGETABLE	2 CUP	
			Wash and slice the mushrooms. Toss with 1/2 of the oil and lay out on a sheet pan in a single layer, use multiple pans if necessary. Roast for about 20 minutes or until nicely browned. remove from oven and sprinkle with salt and pepper, set aside.
011124	CARROTS,RAW	3 CUP, chopped	<p>Mince the carrots, celery, onion and garlic (the food processor is a great way to do this)</p> <p>Heat the remaining oil in a pan, add the minced carrot, celery, onion, and garlic along with salt and pepper. Cook over medium heat until the veggies have softened and become translucent.</p> <p>While that cooks mince the mushrooms in the food processor once they have cooled enough to handle.</p> <p>Add the mushrooms along with the oregano, rosemary, nutmeg and marinara sauce. Simmer for as long as possible, at least 1 hour is recommended.</p> <p>Add the butter before taking the sauce off the heat, stir to combine. Taste and adjust the sauce as needed.</p>
011282	ONIONS,RAW	3 CUP, chopped	
011143	CELERY,RAW	2 CUP,chopped	
011215	GARLIC,RAW	1 tbsp	
799905	OREGANO LEAVES,DRIED	1 tbsp, leaves	
002063	ROSEMARY,FRESH	1 tsp	
902881	NUTMEG, GROUND	1 TSP	
902875	MARINARA SAUCE	6 LB + 10 oz	
900558	BUTTER BULK-UNSALTED	6 TBSP	
799986	SALT, KOSHER	1 tbsp	
900484	BLACK PEPPER, CRACKED	1 tbsp	
			1/2 cup scoop = 1/4 cup red/orange and 1/4 cup other vegetables

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

Calories <sup>1</sup>	148.009 kcal	Total Fat	11.800 g	Total Dietary Fiber	2.040 g	Vitamin C	10.872 mg	71.754% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.520 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	3.203 g	Iron	0.698 mg	15.321% Calories from Sat Fat
Sodium <sup>1</sup>	393.162 mg	Cholesterol	4.195 mg	Vitamin A	1793.257 IU	Water	*69.949* g	*0.000%* Calories from Trans Fat
Sugars	*1.905* g	Carbohydrate	8.673 g	Calcium	20.588 mg	Ash	*N/A* g	23.439% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.656% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
				Vegetable	cup
					Milk
					cup

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