

Go For Green® Color and Sodium Level: Green and High

PLANT BASED MEATBALL SANDWICH (VEGAN)

Yield 100 Portions

Temp 400°F

Each Portion 4 plant based meatballs on a 6” whole wheat roll

Time 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Cholesterol	Calcium	Fiber
542	91.6 g	29.2 g	16.2 g	8.8 g	1.6 g	1806 mg	0 mg	433 mg	17.2 g

Ingredients

Weight

Measure

Approx. Issue

FOR SAUCE

ONIONS, FRESH, CHOPPED	3 lbs.	2 ¼ qt	
GARLIC, FRESH, MINCED	5 2/3 oz.	1 cup	
BASIL, SWEET, DRIED, CRUSHED	½ oz.	6 tbsp.	
OREGENO, DRIED, CRUSHED	1/3 oz.	6 tbsp.	
BLACK PEPPER, GROUND	1/3 oz	1 ½ tbsp.	
THYME, DRIED, GROUND	¼ oz.	1 tbsp.	
TOMATOES, CANNED, CRUSHED	42 lbs. 8 oz.	5 gallon	7 #10 cans
SUGAR, GRANULATED	12 1/3 oz.	1 ¾ cups	
SALT	3 1/3 oz.	1/3 cup	
OIL, OLIVE	2 ½ oz.	1/3 cup	
BAY LEAVES	¼ oz.	8 each	

FOR MEATBALLS

PLANT BASED (VEGAN) HAMBURGER	15 lbs		
MINCED DRIED ONION	6 oz.	½ cup	
GARLIC, GRANULATED	6 oz.	1 cup	
PARSLEY, DRIED	4 oz.	1 cup	
BREADCRUMBS, PANKO	10lb	40 cups	
BASIL, DRIED	6 oz.	1 cup	
OREGENO, DRIED	3 oz.	½ cup	
PARRIKA, DRIED	1.5 oz.	¼ cup	
RED PEPPER FLAKES	1.5 oz.	¼ cup	
SALT	3 oz.	½ cup	
BLACK PEPPER	1.5 oz.	¼ cup	

FOR SANDWICH

WHOLE WHEAT SANDWICH ROLLS. 6”		100 each	
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Methods

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Combine plant based meat with dried onion, garlic, parsley, basil, oregano, paprika, red pepper flakes, salt, black pepper, and panko bread crumbs. Mix to combine.
3. Spray three sheet pans with non-stick cooking spray or line with parchment paper. Scoop 1oz (#30 scoop) meatballs on coated sheet pans in single layers. Bake in preheated convection oven at 400F for 8-10 minutes.
4. To prepare sauce: In a steam-jacketed kettle or stock pot, sauté onions, garlic, basil, oregano, black pepper, and thyme in olive oil for 15-20 minutes, or until soft. d
5. Add tomatoes, sugar, salt, and bay leaves; mix well.



6. Bring to a boil; reduce heat. Simmer covered for 30 minutes, stirring occasionally. Add cooked meatballs to sauce and simmer for 30 additional minutes. CCP: Internal temperature must reach 165°F (74°C) or higher for 15 seconds.
7. Remove bay leaves and transfer 3-1/8 gallons of sauce and “meatballs” (27 lb. 2 oz.) into 2 - 12 x 20 x 4-inch steam table pans.
8. Cover and CP: Hold for hot service at 135°F (57°C) or higher for use in Step 16.
9. Cover and CP: hold for hot service at 135°F (57°C).

Serving

1. Place 4 plant based meatballs on a 6” whole wheat roll, garnish with 1/4 cup sauce and serve.
2. Alternative serving: Serve 3 meatballs with 1 cup cooked spaghetti and 1 cup sauce. See Recipe # ____.

Notes

1. Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
2. Alternative: If olive oil is not available can substitute with equal amount of vegetable oil.
3. Alternative: If fresh garlic is not available can substitute 1/4 cup granulated garlic for 1 cup fresh.
4. This recipe was prepared with Impossible Burger (vegan) Plant Based hamburger and thus measurements and nutrition data are derived from use of this product. Similar products can be used interchangeably in this recipe.
5. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Plant based meatball sandwich (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.

