

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

**SPAGHETTI AND PLANT BASED MEATBALLS (VEGAN)**

**Yield** 100 Portions

**Temp** 400°F (177°C)

**Each Portion** 1 cup spaghetti (4oz) + 3 meatballs and 1 cup sauce

**Time** 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Cholesterol	Calcium	Fiber
385	66 g	21 g	12.9 g	6.6 g	1.1 g	1736 mg	0 mg	320 mg	13.5 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, VEGETABLE	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 SPAGHETTI

WATER	83lbs 7 oz.	10 gal	
SALT	2 ½ oz.	¼ cup	
SPAGHETTI, WHOLE WHEAT, DRY	12 ¼ lbs.		

**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 to sauce; mix well.



6. Bring sauce 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- $\frac{1}{8}$  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.
9. Spaghetti: Combine water and salt in a steam-jacketed kettle or stock pot; heat to a rolling boil.
10. Add dry spaghetti noodles while stirring constantly; return water to a rolling boil, start timer and cook for 9 minutes stirring occasionally.
11. Immediately remove spaghetti noodles from heat, and drain.
12. Evenly distribute 1 gal + 2- $\frac{1}{4}$  qt (6 lb. 15 oz.) of cooked spaghetti into 2 - 12 x 20 x 4-inch steam table pans.
13. Cover and CP: hold for hot service at 135°F (57°C).

#### Serving

1. Portion 1 cup cooked pasta, with 1 cup sauce and 3 meatballs on a plate and serve.
2. Alternative serving: Serve 4 meatballs in a 6” whole wheat sandwich roll. See T-XXX-XX.

#### Notes

1. Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
2. Alternatives: If whole grain noodles are not available can substitute with equal weight or measure enriched pasta.
3. Alternative: If olive oil is not available can substitute with equal amount of vegetable oil.
4. Alternative: If fresh garlic is not available can substitute  $\frac{1}{4}$  cup granulated garlic for 1 cup fresh.
5. 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.
6. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Spaghetti and “Meat” Balls” (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.

