

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

SPAGHETTI WITH PLANTBASED MEAT SAUCE (VEGAN)**Yield** 100 Portions**Temp****Each Portion** 1 cup spaghetti (4oz) + 1 cup plant based sauce**Time** 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Cholesterol	Calcium	Fiber
371	66.7 g	21.3 g	10.2 g	6 g	.8 g	1070 mg	0 mg	179 mg	14.5 g

Ingredients**Weight****Measure****Approx. Issue**

PLANT BASED (VEGAN) HAMBURGER	15 lbs		
ONIONS, FRESH, CHOPPED	3 lbs.	2 ¼ qt	
GARLIC, FRESH, MINCED	5 2/3 oz.	1 cup	
BASIL, SWEET, 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, CANOLA	2 ½ oz.	1/3 cup	
BAY LEAVES	.13 oz.	8 each	
FOR SPAGHETTI			
WATER	83lbs 7 oz.	10 gal	
SALT	2 ½ oz.	¼ cup	
SPAGHETTI, WHOLE WHEAT, DRY	12 ¼ lbs.		

Methods

- 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.
- In a steam-jacketed kettle or stock pot, sauté onions, garlic, basil, oregano, black pepper, and thyme in olive oil for 5 minutes.
- Add plant based meat and cook for 5-7 minutes; stir to break apart, or until browned.
- Add tomatoes, sugar, salt, and bay leaves; mix well.
- Bring to a boil; reduce heat. Simmer covered for 30 minutes, stirring occasionally. CCP: Internal temperature must reach 165°F (74°C) or higher for 15 seconds.
- Remove bay leaves and transfer 3-½ gallons of sauce (27 lb. 2 oz.) into 2 - 12 x 20 x 4-inch steam table pans.
- Cover and CP: Hold for hot service at 135°F (57°C) or higher for service.
- Spaghetti: Combine water and salt in a steam-jacketed kettle or stock pot; heat to a rolling boil.
- Add spaghetti while stirring constantly; return water to a rolling boil, start timer and cook for 9 minutes stirring occasionally.
- Immediately remove spaghetti from heat, and drain.
- Evenly distribute 1 gal + 2-¼ qt (6 lb. 15 oz.) of cooked spaghetti into 2 - 12 x 20 x 4-inch steam table pans.
- Cover and CP: hold for hot service at 135°F (57°C).

Serving

- Portion 1 cup of spaghetti noodles and 1 cup of plant based meat sauce on top.

Notes

- Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
- Alternatives: If fresh garlic is not available substitute ¼ cup of garlic powder for 1 cup minced fresh garlic.



3. Alternatives: If whole grain noodles are not available can substitute with equal weight or measure enriched pasta.
4. Alternative: If canola oil is not available can substitute with equal amount of vegetable oil.
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 with Plant Based Meat Sauce (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.

