

Go For Green® Color and Sodium Level: Yellow and Moderate

SPAGHETTI AND “MEAT”BALLS (VEGETARIAN)-PROTEIN BOOSTED

Yield 100 Portions

Temp 350°F (177°C)

Each Portion 1 Sandwich

Time 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber

Ingredients

MEATBALLS, VEGAN/VEGETARIAN, FROZEN, PRECOOKED, 1 OUNCE
 COOKING SPRAY, NONSTICK
 OIL, OLIVE
 ONIONS, FRESH, CHOPPED
 GARLIC, FRESH, MINCED
 BASIL, SWEET, CRUSHED
 OREGANO, CRUSHED
 PEPPER, BLACK, GROUND
 THYME, GROUND
 PEPPER, RED, CRUSHED
 TOMATOES, CRUSHED, CANNED
 SUGAR, GRANULATED
 SALT
 BAY LEAF, WHOLE
 NAVY BEANS, drained or cooked from dry beans
 SPAGHETTI NOODLES, DRY

Weight

25 lbs
 -
 1 oz
 5 oz
 6 lbs
 11-1/3 oz
 1.16 oz
 .76 oz
 .64 oz
 .3 oz
 1/4 oz
 85 lbs
 24-2/3 oz
 6-2/3 oz
 .008 oz
 12 lbs

Measure

-
 2 tbsp
 2/3 cup
 4-1/2 qt
 2 cups
 3/4 cup
 3/4 cup
 2 tbsp 2 tsp
 2 tbsp
 3 tbsp
 10 gal
 3-1/2 cup
 2/3 cup
 16 leaves
 3 gal 1 pt
 3 gal 1 qts

Approx. Issue

14 - No.10 cans

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. Spray three sheet pans with non-stick cooking spray. Arrange frozen vegetarian/vegan meatballs on sheet pans in single layers. Bake in preheated convection oven according to manufacturer's instructions on label.
3. Sauce: While frozen vegetarian/vegan meatballs are baking, in a steam-jacketed kettle or stock pot, sauté onions, garlic, basil, oregano, black pepper, and thyme in olive oil for 5 minutes or until the onions are just tender.
4. Add crushed tomatoes, sugar, salt, and bay leaves to onion mixture; stir and continue to warm.
5. Drain beans and puree until creamy and no lumps remain. Stir into marinara sauce until well blended.
6. Bring to a boil; reduce heat. Simmer covered for 30 minutes; stirring occasionally. CCP: Temperature must reach 145°F (63°C) or higher for 15 seconds.
7. Remove bay leaves. Use as directed in recipe or cover and CP: Hold for hot service at 135°F (57°C).
8. Remove vegetarian/vegan meatballs from oven. Divide vegetarian/vegan meatballs into 2 steam table pans. Ladle 1 gallon marinara sauce over meatballs in each steam table pans. CCP: Hold for service at 140 F. or higher.
9. SPAGHETTI: Add salt to boiling water. Quickly scatter spaghetti noodles into boiling water in small batches. This prevents noodles from sticking together. Stir periodically while adding noodles.
10. Cook spaghetti 8-12 minutes, or until white center no longer appears when a test noodle is cut in half. Stir frequently during cooking time. Begin testing for doneness after 8 minutes. Cooking times vary, depending upon noodle size. Drain immediately. Rinse excess starch from pasta with HOT tap water.
11. Divide pasta evenly between steam table pans. CCP: Hold for service at 140 F. or higher.
12. Serve 1 cup spaghetti with 4 vegetarian/vegan meat balls and 6 ounces of sauce.

Notes



1. If facility prepares this recipe as written using vegetarian meatballs, facility may choose to list item on Go For Green card as “Spaghetti and “Meat”balls Protein Boosted (vegetarian)”. 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. If facility prepares this recipe as written using vegan meatballs, facility may choose to list item on Go For Green card as “Spaghetti and “Meat”balls Protein Boosted (vegan)”.
2. In Step 3, 1- $\frac{1}{8}$ oz (3 tbsp + 2 tsp) garlic powder or 3 tbsp dehydrated garlic, per 100 portions, may be substituted for fresh garlic.
3. Sauce which is brought to a rolling boil will meet the CCP.
4. The consistency of crushed tomatoes varies between brands; add water as needed to achieve desired sauce consistency (this applies mainly if the crushed tomatoes have a consistency close to that of tomato paste).
5. While not optimal, if diced tomatoes will substitute for crushed tomatoes, run them in a buffalo chopper first to turn into a crushed tomato consistency.
6. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
7. Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
8. If necessary, 1 to 2 tbsp of canola or olive oil may be added to each pan of pasta to prevent sticking and clumping of pasta.
9. Penne pasta (Ziti pasta) is a popular substitute for spaghetti.

