

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

SPAGHETTI AND “MEAT”BALLS (VEGETARIAN) (RTU)

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
 SAUCE, MARINARA, CANNED
 PEPPER, RED, CRUSHED
 SEASONING, ITALIAN
 GARLIC POWDER
 SPAGHETTI NOODLES, DRY

Weight

25 lbs
 -
 1 oz
 35 lbs
 1/4 oz
 1 oz
 2-3/8 oz
 12 lbs

Measure

-
 2 tbsp
 3 gal 2-1/2 qts
 3 tbsp
 1/2 cup
 1/2 cup
 3 gal 1 qts

Approx. Issue

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 combine marinara sauce, red pepper, Italian seasoning and garlic powder. Mix well. Bring to a boil on medium heat.
4. Remove vegetarian/vegan meatballs from oven. Divide vegetarian/vegan meatballs into steam table pans. Ladle one quart of sauce over meatballs in each pan. Mix well. Cover. CCP: Hold for service at 140 F. or higher.
5. 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.
6. 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.
7. Divide pasta evenly between steam table pans. CCP: Hold for service at 140 F. or higher.
8. 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 (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 (vegan)”.
2. 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.
3. Penne pasta (Ziti pasta) is a popular substitute for spaghetti.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.

