

Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garbanzo beans, drained or cooked from dry beans		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Oil, olive or vegetable		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ Cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, fresh		1 Tbsp.		2 Tbsp.
OR		OR		OR
Parsley, dried		2 Tbsp.		$\frac{1}{4}$ cup
Black pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Prepared Grains: Choose one	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Spaghetti (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Penne (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Brown Rice (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, and $\frac{1}{2}$ cup red/orange vegetable.



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For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.

Nutrition Information *From USDA Nutrient Database

Calories: 329 Total Fat: 4g Saturated Fat: 0.5g Carbohydrate: 60g (12g fiber) Protein: 14g Sodium: 200 mg