

Protein-Packed Pasta Marinara



THE HUMANE SOCIETY
OF THE UNITED STATES

INCLUDES PROHEALTH PASTA PRODUCT
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

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, cooked, drained OR Great Northern Beans, cooked, drained		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Olive or vegetable oil		$\frac{1}{2}$ 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, dried		2 Tbsp.		$\frac{1}{4}$ cup
Pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
ProHealth Bean Pasta Each Serving: 1.4 oz. dry ($\frac{1}{2}$ cup prepared)	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	

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

Preparation

1. Prepare bean pasta accordingly. Boil for 10-12 minutes, drain and rinse with water. Toss with the vegetable or olive oil.
2. Stir all ingredient together except for pasta item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds and hold at internal temperature of 135°F or above.

Serving Information

Using 6 ounce ladle or spoodle, serve 6 ounces of marinara sauce over $\frac{1}{2}$ cup cooked rotini, penne, or elbow noodles. Serve with roll, breadstick or other whole grain rich bread component.

Each serving of pasta and legume marinara provides 2 $\frac{1}{2}$ meat/meat alternates, $\frac{1}{2}$ cup red/orange vegetable.

Nutrition Information From USDA Nutrient Data

Calories: 293 Total Fat: 4.5g Fat: 0g Carbohydrate: 30g (11g fiber) Protein: 16g Sodium: 345 mg