

# Pumped Up Pasta Bake

ADAPTED FROM SARASOTA COUNTY SCHOOLS, SARASOTA, FLORIDA  
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            |
|---|--------------|---------------------|--------------|--------------------|
| Pasta, penne, whole grain rich, dry   | 3 lbs. 4 oz. |                     | 6 lbs. 8 oz. |                    |
| Diced tomatoes, canned  |              | 1 gallon + 3 ¼ cups |              | 2 ¼ gal + 2 ½ cups |
| Kidney beans, canned, drained   |              | 1 ½ gallons + 1 cup |              | 3 gallons + 1 pint |
| Black beans, canned, drained  |              | 1 ½ gallons + 1 cup |              | 3 gallons + 1 pint |
| Spaghetti sauce, prepared<br>OR<br>Scratch Sauce: Tomato sauce with<br>the below spices |              | 1 ½- #10 can<br>OR  |              | 3 - #10 can<br>OR  |
| Tomato sauce  |              | 1 ½- #10 cans       |              | 3- #10 cans        |
| Oregano, dried  |              | 1 Tbsp.             |              | 2 Tbsp.            |
| Garlic, granulated  |              | 2 Tbsp.             |              | ¼ cup              |
| Basil, dried  |              | 1 Tbsp.             |              | 2 Tbsp.            |
| Salt  |              | 1 Tbsp.             |              | 2 Tbsp.            |
| Oil, olive or vegetable   |              | ½ cup               |              | 1 cup              |
| Sugar   |              | ¼ cup               |              | ½ cup              |
| Parsley, dried  |              | 1/8 cup             |              | ¼ cup              |
| Pepper  |              | 1 ½ tsp             |              | 1 Tbsp.            |
| Bread Crumbs  |              | 1 ½ cups            |              | 3 cups             |

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together. Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. Bake until internal temperature reaches 140°F for a minimum of 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.

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## Serving Information

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).

Each serving provides 2 meat/ meat alternates, 2 oz equivalent grains, and ½ cup red/ orange vegetable.

For a 1 meat/ meat alternate sauce, cut measure of black and kidney beans in half.

## Nutrition Information\* From USDA Nutrient Database

Calories: 304 Total Fat: 2g Saturated Fat: 0.5g Carbohydrate: 55g (13g fiber) Protein: 14g Sodium: 887mg