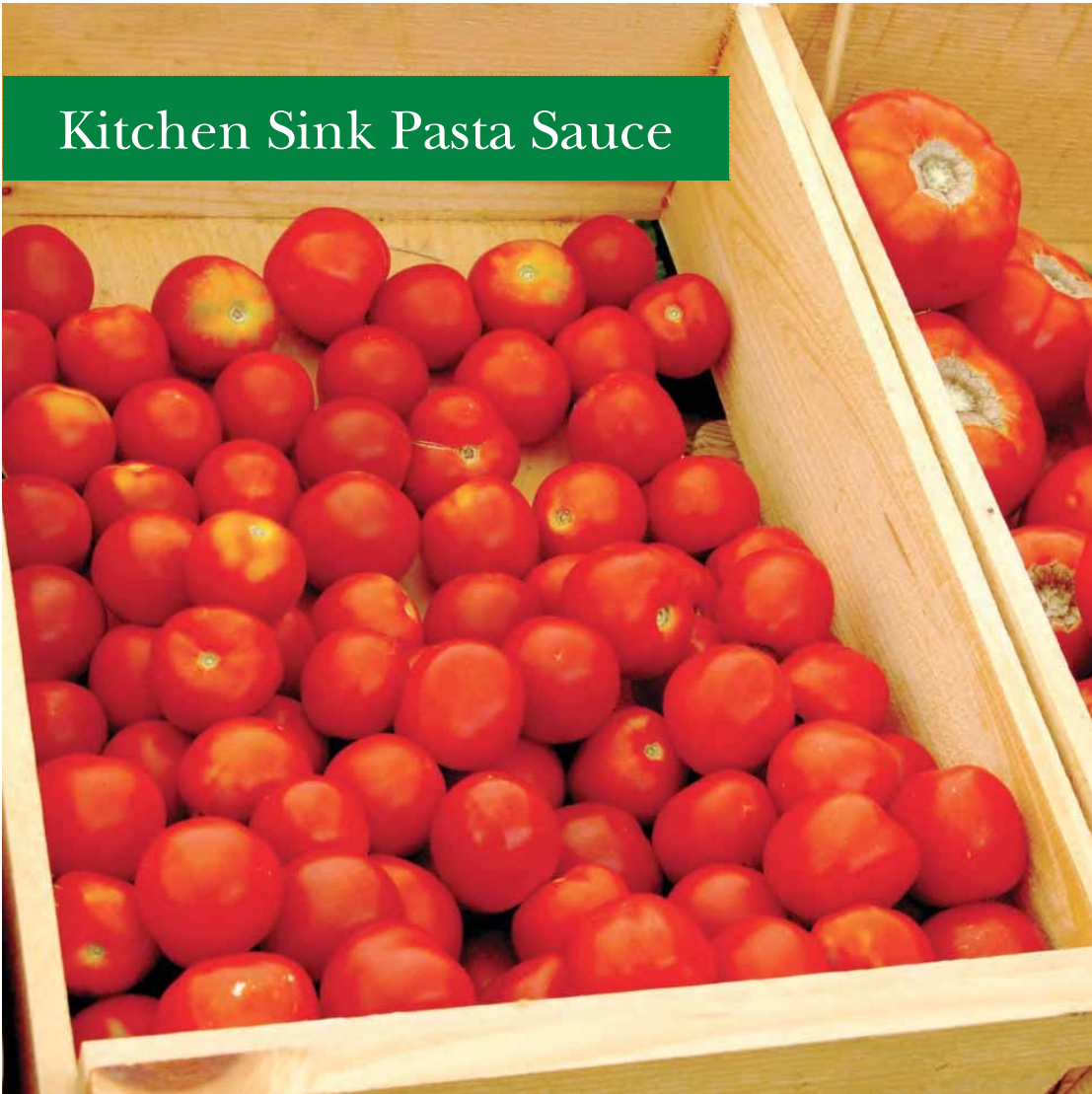


Kitchen Sink Pasta Sauce



NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	67 kcal
Protein	2.28 g
Carbohydrate	12.29 g
Total Fat	1.83 g
Saturated Fat	0.28 g
Cholesterol	0 mg
Vitamin A	3639.79 IU
Vitamin C	15.77 mg
Iron	1.06 mg
Calcium	37.01 mg
Sodium	175.50 mg
Dietary Fiber	3.10 mg

EQUIVALENTS: ½ cup provides ½ cup red/orange vegetable.

Recipe HACCP Process: #2 Same Day Service

“When kids are with me at lunch time, I believe it's my job to nourish them to the best of my abilities in every sense of the word — their bellies, their minds, and their spirits.”

— CHRISTA GOWEN

Kitchen Sink Pasta Sauce • 74 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	5 lb		1 Trim, peel and roughly chop onions.	<ul style="list-style-type: none"> • Try celery, beets, carrots, zucchini, summer squash, green beans, peas or whatever you have on hand. • If you don't have an immersion blender, chop the vegetables into smaller pieces and purée in batches in a food processor or regular blender.
Miscellaneous vegetables	5 lb		2 Trim, peel (if desired) and roughly chop miscellaneous vegetables.	
Garlic		20 cloves, ½ cup minced or 2 tsp garlic powder	3 If using fresh garlic, trim and peel garlic.	
Olive oil		½ cup	4 Heat oil in 20 qt brazier or tilt skillet over medium heat. Add the onions and cook, stirring occasionally, until tender, 3 to 5 minutes. Add the garlic and cook, stirring, for 1 minute.	
Fresh Roma tomatoes	13 lb		5 Add the miscellaneous vegetables, tomatoes, basil and oregano. Bring to low boil. Cook, stirring every 15 to 20 minutes, until the vegetables are tender and falling apart, about 1 hour.	
Basil		¼ cup dried leaves or ¾ cup finely chopped fresh		
Oregano		2 Tblsp dried leaves or 6 Tblsp finely chopped fresh		
			6 Purée the sauce with an immersion blender to break up large pieces.	
Tomato paste		½ #10 can (1½ qt)	7 Add tomato paste and stir to combine. Stir in salt and pepper. Bring to a simmer and cook, stirring often to prevent burning, until thickened, 30 to 45 minutes.	
Kosher salt		2 Tblsp		
Ground white pepper		1 Tblsp		
			8 If the sauce is too thick, thin with water to the desired consistency. Pour into 6-inch full hotel pan and keep warm on serving line.	