

Pasta Fazool

Meat/Meat Alternate-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pasta, whole grain (shells, penne, or fusilli), cooked	2 lb		4 lb		<ol style="list-style-type: none"> 1. Cook pasta until al dente and drain. 2. Steam kale in combi-oven or on stove top for 10 minutes or until soft but still bright green. 3. Warm the olive oil in a large sauté pan on the stove over medium heat. Add the onion, garlic, celery, and carrots. Cook and stir for 10 to 15 minutes, adding a little water if needed to prevent sticking. Cook vegetables until they are tender. 4. Add the tomatoes, seasonings, and beans to tilt kettle and bring to a low boil. Reduce to simmer and add the sautéed vegetables and cooked kale. Simmer for about 15 minutes. 5. Combine warm pasta and sauce.
Kale, chopped to bite-size, with stems removed	1 lb		2 lb		
Oil, olive		1/4 cup		1/2 cup	
Garlic, minced		1/8 cup		1/4 cup	
Onion, chopped		3 cups		1 1/2 qt	
Celery, chopped		2 cups		1 qt	
Carrots, chopped		2 cups		1 qt	
Bell pepper, chopped		2 cups		1 qt	
Tomatoes, crushed, canned, low sodium		1 #10 can		2 #10 cans	
Tomato sauce, canned, low sodium		1 #10 can		2 #10 cans	
Crushed red pepper flakes		1 Tbsp		2 Tbsp	
Black pepper, ground		1/2 tsp		1 tsp	
Oregano, dried		2 Tbsp		1/4 cup	
Basil, dried		2 Tbsp		1/4 cup	
Salt		1 Tbsp, plus 1 tsp		2 Tbsp, plus 2 tsp	
Maple syrup or natural sugar		1/4 cup		1/2 cup	
Navy, White Kidney (Cannellini), or Great Northern Beans, un-drained, or dry beans		1 #10 can, plus 2 cups or 3 1/2 qt cooked		2 #10 cans plus 1 qt or 7 qt cooked	



Serving	Yield	Volume
8 oz. scoop	50 Servings	About 3 gal, 1/2 qt
Meal component contribution: Each serving provides 1 ounce meat/meat alternate and 3/4 cup vegetables.	100 Servings	About 6 gal, 1 qt

Nutrients Per Serving							
Calories	184 kcal	Saturated Fat	0.3 g	Iron	3.26 mg	% of calories from fat	9.21%
Protein	8.54 g	Cholesterol	0 g	Calcium	94 mg	% of calories from saturated fat	1.40%
Carbohydrate	36.18 g	Vitamin A	262 mcg	Sodium	119 mg		
Total Fat	1.97 g	Vitamin C	26.92 mg	Dietary Fiber	8.92 g		

Notes: Pasta should not be too soft as it will need to be re-warmed. HACCP. 2)PHF-Same Day Service.

Recipes used with permission. Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).