

Spaghetti Sauce

Our Lady Star of the Sea School

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Olive Oil		1½ cup 1 Tbsp		3 cups 2 Tbsp			<ol style="list-style-type: none"> To a large stock pot on medium heat, add olive oil, onions and garlic (or garlic powder). Cook for 5 minutes. Add pumpkin to pan and caramelize for 2 – 3 minutes. Add additional vegetables: celery, carrots, bell peppers, zucchini; adding olive oil as needed; sauté 5 – 10 minutes or until vegetables begin to wilt. Crush herbs on palm of hand and add to the vegetable mixture and sauté for 2 minutes. Add tomatoes with juice and tomato sauce to the pan; stir to combine. Taste for seasonings and add salt and pepper. Simmer for about 1 hour. If the vegetables have not cooked down use immersion blender to puree vegetables. Return to clean pan. <p>CCP: Hold hot for service at 135°F or above.</p> <p>For future use: Cool and freeze using proper freezer method.</p>
Onions, fresh, diced		1½ qt ¼ cup		3 qt ½ cup			
Garlic, fresh minced		25 cloves		50 cloves			
Pumpkin, canned		2½ cups		5 cups			
Celery, thinly sliced		2½ cups		5 cups			
Carrots, ¼" dice		2½ cups		5 cups			
Green pepper ¼" dice		2½ cups		5 cups			
Zucchini ¼" dice		2½ cups		5 cups			
Oregano, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Basil, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Marjoram, dried, crushed fine		2 Tbsp 1½ tsp		¼ cup 1 Tbsp			
Thyme, dried, crushed fine		2½ tsp		1 Tbsp 2 tsp			
Tomatoes, canned, diced		12¼ cups		24½ cups			
Tomato sauce		9¾ cups		18¾ cups			
Salt		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			
Pepper, black		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			

Spaghetti Sauce (cont.)

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¾ cup (½ cup red/orange, ¼ cup other)	

Nutrient Analysis		
Calories: 111	Saturated Fat: 1.00 gram	Sodium: 546.58 mg.