

## Italian Broccoli Pasta (Whole Grain)

T-189-01

Meatless Entree

G4G Color Code

Green

Sodium Code

High

Time

50 - 60 min.

Yield

100 Portions

Each Portion

1-¼ cup sauce (11 oz) + 1 cup pasta (5 oz)

Pan Size and Number

12 x 20 x 4-Inch Steam Table Pans (5)

Nutrition Facts

Calories 364

Carbohydrates 65 g

Sugars\* 16 g

Protein 17 g

Fat 9 g

Saturated Fat 1.5 g

Cholesterol 6 mg

Sodium 1050 mg

Calcium 215 mg

Fiber 15.9 g

### Ingredients

Item	Measure	Weight	Approx issue
OIL, CANOLA	2 cups	15-½ oz	
ONIONS, FRESH, CHOPPED	1 gal + 3 qt	8 lb 2 oz	9 lb
TOMATOES, CANNED, DICED	5 gal + ¾ qt	44 lb	7 - No. 10 cans
TOMATO PASTE, CANNED	1-¼ qt	3 lb	½ - No. 10 can
SUGAR, GRANULATED	1-½ cups	10-½ oz	
SALT	½ cup	5 oz	
GARLIC, GRANULATED	¼ cup + 3 tbsp	2-¾ oz	
PEPPER, BLACK, GROUND	⅓ cup	1-¼ oz	
BASIL, DRY, CRUSHED	¼ cup + 3 tbsp	¾ oz	
OREGANO, DRY, CRUSHED	¼ cup + 2 tsp	½ oz	
THYME, DRY, GROUND	1 tbsp + 2 tsp	⅓ oz	
BROCCOLI, SPEARS, ½-INCH PIECES, FROZEN, THAWED	6 gal	22 lb 8 oz	
WATER	10 gal	80 lb	
SALT	¼ cup	2-½ oz	
MACARONI, ROTINI, WHOLE WHEAT	3 gal + 3 qt	12 lb	
OIL, CANOLA	2 tbsp	1 oz	
CHEESE, PARMESAN, GRATED	1-½ qt	1 lb 8 oz	
ONIONS, GREEN, WITH TOPS, FINELY CHOPPED	1-½ qt	1 lb 4 oz	1 lb 8 oz

### Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this

food.

2. Heat canola oil in steam-jacketed kettle or stock pot; add onions and sauté for 10 minutes until onions are golden and tender; stir occasionally.
3. Add tomatoes, tomato paste, sugar, salt, garlic, pepper, basil, oregano, and thyme. Bring to a boil; reduce heat; simmer for 25 to 30 minutes, stirring occasionally.
4. Add broccoli and stir well; return to a simmer and simmer for 7 to 10 minutes or until thoroughly heated. Do not overcook. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
5. Transfer 2-½ gal (22 lb 2 oz) of cooked tomato-broccoli sauce to each of the three (12 x 20 x 4-inch) steam table pans. CP: Hold hot at 135°F (57°C) or higher for service.
6. Combine water and salt in a steam-jacketed kettle or stock pot; heat to a rolling boil. Add rotini while stirring constantly; return water to a rolling boil; cook for 7 to 10 minutes, stirring occasionally. Drain immediately.
7. Transfer 3 gal (15 lb 2 oz) of cooked rotini to each of the two (12 x 20 x 4-inch) steam table pans. Add 1 tbsp of oil to each pan to prevent product from sticking; mix well, until all pasta is evenly coated. CP: Hold hot at 135°F (57°C) or higher for service.
8. For service: Ladle 11 oz (1-¼ cups) of tomato-broccoli sauce over 5 oz (1 cup) rotini. Garnish with 0.25 oz (1 tbsp) parmesan cheese and 0.20 oz (1 tbsp) green onion over top.

## Recipe Notes

1. In Step 4, 4-¾ oz (12 tbsp + 2 tsp) fresh minced garlic, per 100 portions, may be substituted for granulated garlic.
2. In Step 7, 12 lb white rotini (dry), per 100 portions, may be substituted for whole wheat rotini. The following nutrition profile and G4G® Codes reflect the substitution: Yellow and High (390 kcal; 65 g carbohydrates, 13 g sugars\*, 15 g protein, 1.5 g saturated fat, 8 g fat, 5 mg cholesterol, 1220 mg sodium, 170 mg calcium, 7.7 g fiber).
3. In Step 9, 13-¼ oz (6-¼ cups) chopped fresh parsley, per 100 portions, 0.13 oz (1 tbsp) per portions, may be substituted for green onions.
4. Other pasta substitutes may be used, including but not limited to penne, shells, fettuccini and linguini.
5. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.