

Go For Green® Color and Sodium Level: Yellow and Moderate

VEGETARIAN “MEAT”BALL SUB (RTU)

Yield 100 Portions

Temp 350°F (177°C)

Each Portion 1 Sandwich

Time 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber

Ingredients

MEATBALLS, VEGAN/VEGETARIAN, FROZEN,
 PRECOOKED, 1 OUNCE
 COOKING SPRAY, NONSTICK
 SAUCE, MARINARA, CANNED
 PEPPER, RED, CRUSHED
 SEASONING, ITALIAN
 GARLIC POWDER
 ROLL, HOAGIE

Weight

25 lbs
 -
 1 oz
 35 lbs
 1/4 oz
 1 oz
 2-3/8 oz
 9-1/2 lbs

Measure

-
 2 tbsp
 3 gal 2-1/2 qts
 3 tbsp
 1/2 cup
 1/2 cup
 100 each

Approx. Issue

Methods

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. Spray three sheet pans with non-stick cooking spray. Arrange frozen vegetarian/vegan meatballs on sheet pans in single layers. Bake in preheated convection oven according to manufacturer's instructions on label.
3. Sauce: While frozen vegetarian/vegan meatballs are baking, in a steam-jacketed kettle or stock pot combine marinara sauce, red pepper, Italian seasoning and garlic powder. Mix well. Bring to a boil on medium heat.
4. Remove vegetarian/vegan meatballs from oven. Divide vegetarian/vegan meatballs into steam table pans. Ladle one quart of sauce over meatballs in each pan. Mix well. Cover. CCP: Hold for service at 140 F. or higher.
5. To serve place open hoagie roll on plate. Place 4-1 ounce vegetarian/vegan meatballs in the center of the roll, and top with 1-1/2 cups sauce.

Notes

1. If facility prepares this recipe as written using vegetarian meatballs, facility may choose to list item on Go For Green card as “Meatball sub (vegetarian)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey. If facility prepares this recipe as written using vegan meatballs, facility may choose to list item on Go For Green card as “Meatball sub (vegan)”.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
- 3.

