

SPAGHETTI WITH MEAT SAUCE (GROUND BEEF)

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|------|-------------|---------|---------|
| 441 cal | 63 g | 26 g | 10 g | 57 mg | 1388 mg | 90 mg |

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 TOMATOES,CANNED,DICED,INCL LIQUIDS
 TOMATO PASTE,CANNED
 WATER
 ONIONS,FRESH,CHOPPED
 SUGAR,GRANULATED
 SALT
 GARLIC POWDER
 BASIL,DRIED,CRUSHED
 THYME,GROUND
 OREGANO,CRUSHED
 PEPPER,BLACK,GROUND
 BAY LEAF,WHOLE,DRIED
 WATER,BOILING
 SPAGHETTI NOODLES,DRY
 SALT

Weight

16 lbs
 27-5/8 lbs
 11-1/2 lbs
 6-1/4 lbs
 4-1/4 lbs
 7 oz
 3-3/8 oz
 1-5/8 oz
 7/8 oz
 1/2 oz
 7/8 oz
 1/4 oz
 1/4 oz
 83-5/8 lbs
 12 lbs
 2-1/2 oz

Measure

3 gal
 1 gal 1 qts
 3 qts
 3 qts
 1 cup
 1/4 cup 1-2/3 tbsp
 1/4 cup 1-2/3 tbsp
 1/4 cup 1-2/3 tbsp
 3 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 8 each
 10 gal
 3 gal 1 qts
 1/4 cup 1/3 tbsp

Issue

4-2/3 lbs

Method

- 1 Cook beef in steam-jacketed kettle or stock pot until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, pepper, and bay leaves to beef. Mix well.
- 3 Bring to a boil; reduce heat; cover; cook at low heat about 1 hour, stirring frequently. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.
- 5 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender, stirring occasionally. Drain thoroughly.