

SAUCES, GRAVIES, AND DRESSINGS No.O 015 00
TOMATO SAUCE

Yield 100

Portion 1/4 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 47 cal | 7 g | 1 g | 2 g | 0 mg | 263 mg | 9 mg |

Ingredient

ONIONS,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 WATER
 TOMATO PASTE,CANNED
 SUGAR,GRANULATED
 SALT
 PEPPER,BLACK,GROUND
 PEPPER,RED,GROUND
 GARLIC POWDER

Weight

1-1/4 lbs
 7-1/4 oz
 7-3/4 oz
 10-1/2 lbs
 4 lbs
 3-1/2 oz
 1 oz
 1/8 oz
 <1/16th oz
 <1/16th oz

Measure

3-1/2 cup
 1 cup
 1-3/4 cup
 1 gal 1 qts
 1 qts 3 cup
 1/2 cup
 1 tbsp
 1/8 tsp
 1/8 tsp
 <1/16th tsp

Issue

1-3/8 lbs

Method

- 1 Saute onions in shortening, salad or olive oil in steam jacketed kettle or stock pot for 5 minutes or until onions are tender.
- 2 Add flour to sauteed mixture; stir until well blended. Cook for 5 minutes.
- 3 Combine water, tomato paste, sugar, salt, pepper, red pepper, and garlic powder. Add to flour and onion mixture.
- 4 Bring to a boil; reduce heat and simmer for 15 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.