

..... **DIDI'S BEEF BOLOGNESE SAUCE WITH CARROTS**

RSD #10, Avon, Canton Public Schools - 2018 - from *Project Bread's Let's Cook: Healthy School Meals*

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Raw ground beef	2 lbs. 3 oz.		8 ¾ lbs.		<ol style="list-style-type: none"> 1. <i>Sanitize work area with bleach & water solution.</i> 2. <i>Wash Hands.</i> 3. <i>Put on food service gloves.</i> <p>Cooking Methods: <i>(Steps 1-4 can be done the day before service)</i></p> <ol style="list-style-type: none"> 1. <i>Brown raw ground beef in oven or steam kettle per your kitchen recipe. Drain beef and chill to 40°F or below.</i> 2. <i>Prepare Marinara Sauce by <u>heating oil</u> in steam kettle on medium heat. <u>Add onion</u> and saute until translucent, about 6 minutes. <u>Add carrots, garlic, onion powder and tomato sauce.</u> Bring to a simmer and <u>add herbs.</u> <u>Simmer 30 minutes, add vinegar and salt and pepper.</u></i> 3. <i>Pan sauce into 2 ½ inch deep hotel pans and refrigerate until 40°F or below.</i> 4. <i>Stir chilled cooked beef into marinara sauce and keep refrigerated until use.</i> 5. <i>Cook and cool pasta per pasta recipe-do not overcook; <u>pasta must be al dente!</u></i> 6. <i>Mix cold pasta with cold sauce.</i> 7. <i>Portion sauced pasta into 2½-inch deep hotel pans, about 13½ lbs. per pan. The final cooked weight will be 12½ lbs. per pan because of evaporation during cooking.</i>
Grated parmesan cheese	1¾ oz.	⅝ cup	3½ oz.	1¼ cups	
Vegetable oil		½ Tbsp.		1 Tbsp.	
Spanish onions, minced	1⅓ oz.	2 Tbsp. 2 tsp	½ lb.	⅓ cup	
Carrots, finely chopped	¾ lb.	1½ cups	1½ lb.	3 cups	
Garlic powder		1⅓ tsp		¾ Tbsp.	
Onion powder		¼ Tbsp.		½ Tbsp.	
Tomato sauce		6¼ cups (½ #10 can)		12½ cups (#10 can)	
Dried oregano		¼ Tbsp.		½ Tbsp.	
Dried basil		¼ tsp		½ tsp	
Cider vinegar		¼ cup		½ cup	
Salt		¼ Tbsp.		½ Tbsp.	
Black pepper		¼ Tbsp.		½ Tbsp.	
WG penne or spaghetti	1⅝ lbs.		3¼ lbs.		

					8. Cover with parchment paper and foil (tightly wrapped) and reheat at 350°F to an internal temperature of 165°F. 9. At time of service, top with 1 teaspoon grated parmesan on each serving.
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(CONT'D)

Serving Size: ½ cup penne or spaghetti + ½ cup beef Bolognese sauce
Meal Pattern Contribution: 1 oz. Meat/Meat Alternate, 1 oz. equivalent Whole Grain, ¼ cup Red/Orange Vegetable
Recipe, nutrition information and meal contribution evaluation provided by Project Bread's Chefs in Schools Initiative Let's Cook: Healthy School Meals Cookbook (directions modified to include preparation of beef and marinara sauce).

HACCP/Serving Instructions
 1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

Nutrition Information: Calories: 224; Sodium 216.07mg; Saturated Fat: 8.81%

Recipe and Meal Contribution Review completed by Put Local on Your Tray. SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

