

# Marinara Meat Sauce

HACCP Process: \_\_\_\_\_ 1 – No Cook    **X** \_\_\_\_\_ 2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> Include <i>step- by- step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Ground Beef (Local) Onions, raw, chopped Garlic, raw, minced Tomato sauce* Sweet potato, canned, mashed* Tomato paste, no salt* Water Salt Parsley flakes, dried Basil, fresh Oregano leaves, dried, ground Marjoram, dried Thyme leaf, dried White pepper, ground  ◇We use Montana beef and Montana winter squash. Also, serve in lasagna, with commodity whole wheat spaghetti or use as pizza sauce without meat. Use with reduced fat commodity cheese and with whole wheat crust.	8 ½ lbs (raw) 1 ½ cups 2 clove ¾ #10 can ½ #10 can 1 qt 1 qt ½ Tbsp 2 Tbsp ¼ cup (chopped) 2 Tbsp (leaves) 1 Tbsp ½ Tbsp (leaves) 1 tsp (ground)	17 lbs raw 3 cups 4 clove 1 ½ #10 can 1 #10 can 2 qts 2 qts 1 Tbsp ¼ cup ½ cup ¼ cup 2 Tbsp 1 Tbsp 2 tsp	1. Brown ground beef. Drain excess fat. 2. Add onions and fresh chopped garlic. Cook until vegetables are translucent, stirring occasionally. 3. Add tomato sauce and paste. Puree sweet potatoes (can substitute cooked squash cubes) in a food processor until smooth. Add sweet potato puree to sauce. Measure dry spices and herbs in a separate bowl and combine well. Stir spice blend into sauce thoroughly and bring to a simmer. Add water. Sauce should be fairly thick. (May add more water if a thinner sauce is desired.)  ◇ Substitute yellow or orange winter squash puree, EG: Butternut or acorn, for sweet potatoes.  CCP: Heat sauce until 165°F for 15 seconds. CCP: Hold sauce at 135°F.

Serving Size 1/2 cup      Pan Size \_\_\_\_\_

### Oven Temperature & Baking Time:

Yield \_\_\_\_\_      Number of Pans \_\_\_\_\_

Temperature      Minutes

Conventional \_\_\_\_\_  
 Convection \_\_\_\_\_

### 1 Serving Provides:

2 oz.      Meat/Meat Alternative  
 \_\_\_\_\_      Fruit  
 \_\_\_\_\_      Grains/Breads  
1/2 cup      Vegetable (1/2 cup red/orange)

If available, **Nutrition Analysis:**      **Serving Size:** 1/2 cup  
177 Calories      2.0 Saturated Fat (g)      12.6 Vitamin C (mg)  
17 Protein (g)      619 Sodium (mg)      3200 Vitamin A (IU)  
6 Total Fat (g)      2.30 Fiber (g)      38 Calcium (mg)  
39.6 % Calories from Total Fat      3.53 Iron (mg)

This recipe is from Robin Vogler, Lakeside and Somers Schools, Somers, Montana.