## Marinara Meat Sauce

Ingredients * Indicates a commodity 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
(Local) Indicates a local item	50	100	reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
Ground Beef (Local)	8 ½ lbs (raw)	17 lbs raw	1. Brown ground beef. Drain excess fat.
Onions, raw, chopped	$1 \frac{1}{2}$ cups	3 cups	2. Add onions and fresh chopped garlic. Cook until
Garlic, raw, minced	2 clove	4 clove	vegetables are translucent, stirring occasionally.
Tomato sauce*	$\frac{3}{4}$ #10 can	$1\frac{1}{2}$ #10 can	3. Add tomato sauce and paste. Puree sweet potatoes
Sweet potato, canned, mashed*	$\frac{1}{2}$ #10 can	1 #10 can	(can substitute cooked squash cubes) in a food
Tomato paste, no salt*	1 qt	2 qts	processor until smooth. Add sweet potato puree to
Water	1 qt	2 qts	sauce. Measure dry spices and herbs in a separate
Salt	½ Tbsp	1 Tbsp	bowl and combine well. Stir spice blend into sauce
Parsley flakes, dried	2 Tbsp	<sup>1</sup> / <sub>4</sub> cup	thoroughly and bring to a simmer. Add water. Sauce
Basil, fresh	$\frac{1}{4}$ cup (chopped)	<sup>1</sup> / <sub>2</sub> cup	should be fairly thick. (May add more water if a
Oregano leaves, dried, ground	2 Tbsp (leaves)	<sup>1</sup> / <sub>4</sub> cup	thinner sauce is desired.)
Marjoram, dried	1 Tbsp	2 Tbsp	$\Diamond$ Substitute yellow or orange winter squash puree, EG:
Thyme leaf, dried	<sup>1</sup> / <sub>2</sub> Tbsp (leaves)	1 Tbsp	Butternut or acorn, for sweet potatoes.
White pepper, ground	1 tsp (ground)	2 tsp	
			CCP: Heat sauce until 165°F for 15 seconds.
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.			CCP: Hold sauce at 135°F.
Serving Size <u>1/2</u> cup Pan Size		Oven 7	Femperature & Baking Time:
			Temperature Minutes
Yield Number of Pans		Conver	ntional
		Convec	tion
1 Serving Provides:		If available, Nutrition Analysis: Serving Size: <u>1/2 cup</u>	
<u>2 oz.</u> Meat/Meat Alternative		<u>177</u> Calories <u>2.0</u> Saturated Fat (g) <u>12.6</u> Vitamin C (mg)	
Fruit		<u>17</u> Protein (g) <u>619</u> Sodium (mg) <u>3200</u> Vitamin A (IU)	
Grains/Breads			at (g) $2.30$ Fiber (g) $38$ Calcium (mg)
<u><math>1/2 \text{ cup}</math></u> Vegetable ( $1/2 \text{ cup red/orange}$ )		39.6 % Calor	ries from Total Fat 3.53 Iron (mg)