

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ¼ cup 2 Tbsp	2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.
Canned tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. CCP: Heat to 155° F or higher for at least 15 seconds.
Water		1 qt ½ cup		2 qt 1 cup	
Sugar		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried basil		¾ tsp		1 ½ tsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Cooked macaroni, noodles, or spaghetti (A-19)		1 qt 2 ¼ cups		3 qt ½ cup	4. Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 12" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 10 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz

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SERVING:

$\frac{3}{8}$ cup (No. 10 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.

YIELD:

25 Servings: 2 pans
50 Servings: 4 pans

VOLUME:

25 Servings: 2 quarts 2 cups
50 Servings: 1 gallon 1 quart

Edited 2004

Nutrients Per Serving

Calories	193	Saturated Fat	3.31 g	Iron	2.23 mg
Protein	14.34 g	Cholesterol	39 mg	Calcium	26 mg
Carbohydrate	15.84 g	Vitamin A	513 IU	Sodium	154 mg
Total Fat	7.90 g	Vitamin C	12.1 mg	Dietary Fiber	1.7 g