

<b>Recipe Name:</b>	Spaghetti and Meat Sauce
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<b>Ingredients</b>	<b>Portion</b> (use these units: each, slices, cup (#__scoop), __oz ladle, teaspoon, packets, bags, oz, #10 cans)	<b>Brand</b>	<b>Item #</b>	<b>Component</b> (Office will fill in)
Lean Ground Beef, Turkey, Chicken	9 lbs	Sysco		Meat
Olive Oil	1 ½ Cups	Sysco		Oil
Minced Garlic	9 Tablespoons	Sysco		Seasoning
Dried Oregano	4 ½ Teaspoons	Sysco		Seasoning
Crushed Red Pepper Flakes	½ Teaspoons	Sysco		Seasoning
Sugar	½ Teaspoons	Sysco		Sweetener
Full Red	2.5 Gallons	Sysco		Sauce
Dried Spaghetti	13 Cups	Sysco		Grain
Chopped Onion	9 Cups	Sysco		
Tomato Paste	1 Cup	Sysco		
Water/Vegetable Stock	9 Cups	Sysco		
Crushed Red Tomatoes	2 Gallons (2.5 # Cans)	Sysco		
Fresh Chopped Basil	4 Handfuls	Sysco		
Shredded Parmesan Cheese	4 ½ Cups	Sysco		

<b>Instructions</b>
<p>Write step-by-step instructions here. Include details about defrosting, cooking, assembly, and storage.  <i>Include if applicable: <b>Cooking details</b></i></p> <ol style="list-style-type: none"> <li>pan type and size</li> <li>whether you line the pan with parchment paper</li> <li>number of items that can fit on a pan (i.e. 35 chicken patties on a bun pan)</li> <li>whether you cover with parchment paper and foil</li> <li>oven temperatures, cooking times</li> <li>internal temperature checks</li> </ol> <p><i>Include if applicable: <b>Packaging information</b> (i.e. in an 18 oz clear plastic cup; in a large clear plastic “Smart Lock” container; wrap with Fresh Express parchment paper; wrap with blue foil)</i></p> <p><b>Last step should be: Serve immediately OR store in refrigerator/warmer until serving</b></p>
1: Heat oil in a large pot over medium heat. Add the meat and cook until browned (approximately 8 mins). As the meat browns use a spoon to break it up into smaller pieces/cumbles
2: Add onions and cook. Stirring until softened (5 mins)
3: Stir in garlic, tomato paste, oregano, and red pepper flakes for 2 mins
4: Pour in water/broth. Scrape any meat or onions stuck to the bottom of the pan
5: Add 6 teaspoons of salt, 4 ½ teaspoons of black pepper and bring sauce to a low simmer for 25 mins

6: In a large pot, bring salted water to a boil. Add 3 tablespoons of olive oil to water. Cook noodles al dente (to the tooth) 10-15 mins.

7: Drain noodles (do not rinse) take sauce from heat. Stir in basil and toss the drained pasta

8: Let it sit for a minute so the pasta can absorb some of the sauce

9: Serve with parmesan sprinkled on top

**Yield:** 54

**Recipe #:** 24