

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---|-------------|--------------|-------------|----------------|---|
| | Weight | Measure | Weight | Measure | |
| Ground beef (no more than 24% fat) | 3 lb 4 oz | | 6 lb 8 oz | | 1. In a heavy pot, brown beef and onions until no signs of pink remain. Drain excess grease and discard. Return beef and onions to pot. |
| *Onions, minced OR | 6 oz | 3/4 cup | 12 oz | 1 1/2 cups | |
| Dehydrated onion flakes | | 3 Tbsp | | 1/4 cup 2 Tbsp | 2. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder, and pepper to meat mixture. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. CCP Heat to 155 degrees F or higher for at least 15 seconds. |
| Tomato paste | 1 lb 2 oz | 2 cups | 2 lb 4 oz | 1 qt | |
| Water | | 1 qt 1/2 cup | | 2 qt 1 cup | |
| Sugar | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Dry basil leaves | | 3/4 tsp | | 1 1/2 tsp | |
| Dry oregano leaves | | 3/4 tsp | | 1 1/2 tsp | |
| Salt | | 3/4 tsp | | 1 1/2 tsp | |
| Garlic powder | | 2 tsp | | 1 Tbsp 1 tsp | |
| Black pepper | | 3/4 tsp | | 1 1/2 tsp | |
| Spaghetti, broken in quarters, or elbow macaroni | 13 oz | 2 1/2 cups | 1 lb 10 oz | 1 qt 1 cup | 3. Cook spaghetti or macaroni in boiling water for 8 to 10 minutes until tender. Drain and stir into meat sauce. CCP Hold for hot service at 140 degrees F or higher. |
| *See Marketing Guide | | | | | |

Marketing Guide

| Food as Purchased | For 25 Svgs | For 50 Svgs |
|-------------------|-------------|-------------|
| Onions | 7 oz | 14 oz |

| SERVING: | YIELD: | VOLUME: |
|---|---|---|
| 1/2 cup (No. 8 scoop) provides 1 1/2 oz of meat, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread | 25 Servings: 7 lb 2 oz 50 Servings: 14 lb 4 oz | 25 Servings: 3 qt 1 cup 50 Servings: 1 gal 2 qt 2 cups |

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| Nutrients Per Serving | | | | | |
|-----------------------|-------|----------------------|--------------|----------------------|--------|
| Calories | 194 | Saturated Fat | 3.1 g | Iron | 2.1 mg |
| Protein | 15 g | Cholesterol | 42 mg | Calcium | 18 mg |
| Carbohydrate | 15 g | Vitamin A | 51 RE/510 IU | Sodium | 109 mg |
| Total Fat | 8.0 g | Vitamin C | 12 mg | Dietary Fiber | 2 g |