

# Meat Balls

Meat

Main Dishes

D-28A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	1. Combine tomato paste, water, stock, and dry milk in mixer. Mix on medium speed for 2 minutes.
Water		1/2 cup		1 cup	
Beef Stock		1 cup		2 cups	
Instant nonfat dry milk		1/2 cup		1 cup	
Raw ground beef (no more than 24% fat)	4 lb 4 oz		8 lb 8 oz		2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Rolled oats	7 oz	2 3/4 cups	14 oz	1 qt 1 1/2 cups	
Fresh large eggs OR		2 each		4 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Dehydrated onions OR		2 Tbsp		2 tsp	1/3 cup
*Onions, chopped	4 oz	1/2 cup	8 oz		1 cup
*Fresh celery, chopped	4 oz	3/4 cup	8 oz	3 Tbsp	1 3/4 cups
Parsley flakes		2 Tbsp			1/4 cup
Black pepper		3/4 tsp			1 1/2 tsp
Garlic powder		1 1/2 tsp			1 Tbsp
Seasonings: Flaked basil		1/2 tsp			3/4 tsp
Flaked oregano		1/2 tsp			3/4 tsp
Flaked marjoram		1/4 tsp			1/2 tsp
Flaked thyme		1/16 tsp			1/8 tsp
					3. For 25 servings, portion with level No. 16 scoop (1/4 cup) into 2 steamtable pans, approximately 25 meat balls per pan. For 50 servings, portion into 4 steamtable pans, approximately 25 balls per pan.

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	<p>4. CCP Heat to 155 degrees F or higher for at least 15 seconds.</p> <p>Or, if homemade stock is used: Conventional Oven: 375 degrees F (30 minutes) Convection Oven: 325 degrees F (20 minutes)</p> <p>CCP Heat to 165 degrees F or higher for at least 15 seconds.</p>
	<p>5. Drain fat from pans. Portion 2 meat balls per servings. Can be served as a meat-ball submarine sandwich.</p> <p>CCP Hold for hot service at 140 degrees F or higher.</p>
	<p>7. Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).</p>
*See Marketing Guide	

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	4 1/2 oz	9 1/2 oz
Celery	5 oz	9 3/4 oz

SERVING:	YIELD:	VOLUME:
2 meatballs provide 2 oz of cooked lean meat and the equivalent of 1/4 slice of bread	<p><b>25 Servings:</b> 2 pans (50 meatballs)</p> <p><b>50 Servings:</b> 4 pans (100 meatballs)</p>	<p><b>25 Servings:</b></p> <p><b>50 Servings:</b></p>

## Nutrients Per Serving

<b>Calories</b>	203	<b>Saturated Fat</b>	3.7 g	<b>Iron</b>	2.2 mg
<b>Protein</b>	16 g	<b>Cholesterol</b>	69 mg	<b>Calcium</b>	38 mg
<b>Carbohydrate</b>	9 g	<b>Vitamin A</b>	32 RE/265 IU	<b>Sodium</b>	130 mg
<b>Total Fat</b>	11.1 g	<b>Vitamin C</b>	4 mg	<b>Dietary Fiber</b>	1 g