

Beef and Spaghetti Casserole

Meal Components: Vegetable, Grains, Meat / Meat Alternate

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		<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh onions, chopped	6 oz	1 cup	12 oz	2 cups	
OR		OR	OR	OR	<ol style="list-style-type: none"> 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.
Dehydrated onions		3 Tbsp	2 1/4 oz	1/4 cup 2 Tbsp	
Canned 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	
Dried basil		3/4 tsp		1 1/2 tsp	
Dried oregano		3/4 tsp		1 1/2 tsp	
Salt		3/4 tsp		1 1/2 tsp	

Ground black or white pepper

3/4 tsp

1 1/2 tsp

Cooked macaroni, noodles, or spaghetti (A-19)

1 qt 2 1/4 cups

3 qt 1/2 cup

4. Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

5. CCP: Hold at 140° F or warmer. Portion with No. 10 scoop (? cup).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for

25 Servings

25 Servings

Mature onions

7 oz

14 oz

Serving

Yield

Volume

? cup (No. 10 scoop) provides 1 1/2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread.

25 Servings: 2 pans

50 Servings: 4 pans

25 Servings: 2 quarts 2 cups

50 Servings: 1 gallon 1 quart

Nutrients Per Serving

Calories	193	Saturated Fat	3 g	Calcium	26 mg
Protein	14 g	Cholesterol	39 mg	Sodium	154 mg
Carbohydrate	16 g	Vitamin A	513 IU	Dietary Fiber	2 g
Total Fat	8 g	Iron	2 mg		