

Meat Balls

Meal Components: Vegetable, Grains, Meat / Meat Alternate

Main Dishes, D-28A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	1/3 cup (1/4 12 oz can)	6 oz	2/3 cup	<ol style="list-style-type: none"> In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		1/2 cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		1/4 cup 3 Tbsp	2 1/4 oz	3/4 cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		<ol style="list-style-type: none"> Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, chopped	4 1/2 oz	3/4 cup	9 oz	1 1/2 cups	
OR		OR		OR	

*Fresh celery, chopped	8 oz	1 3/4 cups	2 Tbsp	1 lb	3 3/4 cups
Dried parsley		1 Tbsp			2 Tbsp
Ground black or white pepper		1/2 tsp			1 tsp
Granulated garlic		3/4 tsp			1 1/2 tsp
Dried basil		1/4 tsp			1/2 tsp
Dried oregano		1/4 tsp			1/2 tsp
Dried marjoram		1/8 tsp			1/4 tsp
Dried thyme		1/8 tsp			1/4 tsp

3. Portion meatballs with level No. 20 scoop in rows 5 across and 5 down in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

4. Bake: Conventional oven: 325° F (1 hour). Convection oven: 275° F (50 minutes). CCP: Heat to 165° F or higher. OR If using homemade stock, CCP: Heat to 165° F or higher.

5. Drain fat from pans.

6. CCP: Hold for hot service at 140° F or warmer. Portion is 2 meat balls



Notes

* See Marketing Guide

Special Tip: Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

Serving	Yield	Volume
2 meatballs provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable and the equivalent of 1/2 slice of bread.	25 Servings: 4 lb 4 oz	25 Servings: 2 quarts 2 cups (uncooked) (50 meatballs)
	50 Servings: 8 lb 8 oz	50 Servings: 1 gallon 1 quart (uncooked) (100 meatballs)

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Nutrients Per Serving

Calories	198	Saturated Fat	4 g	Iron	2 mg
Protein	17 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10 g	Vitamin C	3 mg	Dietary Fiber	1 g