

Tomato Sauce (Meatless)

Meal Components: Vegetable - Red / Orange

Sauces, Condiments & Dressings, G-07

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 1/4 tsp		3 Tbsp	1. Heat oil. Add onions and cook approximately 5 minutes.
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	13 1/2 oz	2 1/4 cups	
OR		OR	OR	OR	
Dehydrated onions		1/4 cup 1 Tbsp	2 1/2 oz	1 1/4 cups	
Canned low-sodium tomato paste	9 1/4 oz	1 cup	2 lb 5 oz	1 qt (1/3 No. 10 can)	2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
Canned low-sodium diced tomatoes, with juice	1 lb 9 1/2 oz	3 cups 1 Tbsp (1/4 No. 10 can)	6 lb 6 oz	3 qt 1/4 cup (1 No. 10 can)	
Water		1/2 cup		2 cups	
Ground black or white pepper		1/8 tsp		1/2 tsp	
Dried parsley		1 Tbsp		1/4 cup	
Granulated garlic		2 1/4 tsp		1 Tbsp	

Dried oregano	1/4 tsp	1 tsp
Dried marjoram	1/8 tsp	3/4 tsp
Dried thyme	pinch	1/4 tsp

3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

Notes

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart tomato sauce (meatless), use ¾ tsp Italian Seasoning Mix; for 1 gallon tomato sauce (meatless), use 1 Tbsp Italian Seasoning Mix.

Updated July 2014. Restandardization in progress. A new nutrient analysis will be coming.

Marketing Guide

Food as Purchased for	1 Quart	1 Quart
Mature onions	4 oz	1 lb

Serving	Yield	Volume
2 Tbsp (1 oz ladle) provides 1/8 cup red/orange vegetable.	1 Quart: 32 2 Tbsp servings 1 Gallon: 128 2 Tbsp servings	1 Quart: about 1 quart 1 Gallon: about 1 gallon