

# Mighty Marinara with Chickpeas

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

**50 Servings**

**100 Servings**

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 ¼ - #10 can 1 gallon		2 ½ - #10 can 2 gallon
Tomato Sauce		1 - #10 can		2 - #10 can
Garbanzo beans, drained	10 lb 3 oz	2 ½ -#10 can	20 lb 6 oz	5 -#10 can
Salad Oil		½ cup		1 cup
Oregano, dried		1 ½ Tbsp		3 Tbsp
Garlic, granulated		2 Tbsp		¼ Cup
Basil, dried		2 Tbsp		¼ cup
Salt		1 Tbsp		2 Tbsp
Sugar		½ cup		1 Cup
Parsley, dried		2 Tbsp		¼ cup
Pepper		1 ½ tsp		1 Tbsp
<b>Prepared Grains: Choose one</b>	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Spaghetti (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Penne (1 cup serving)	6 lb 4 oz		12 lb 8 oz	
Brown Rice (1 cup serving)	6 lb 4 oz		12 lb 8 oz	

*HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.*

## Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

*HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.*

*HACCP Critical Control Point: Hold at internal temperature of 135°F or above.*

*HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.*

## Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, and ½ cup red/orange vegetable.

*For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.*



## Nutrition Information \*From USDA Nutrient Database

Calories: 329 Total Fat: 4g Saturated Fat: 0.5g Carbohydrate: 60g (12g fiber) Protein: 14g Sodium: 200 mg