

Pumped Up Pasta Bake

ADAPTED FROM SARASOTA COUNTY SCHOOLS, SARASOTA, FLORIDA
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
Pasta, penne, whole grain rich, dry	3 lb 4 oz		6 lb 8 oz	
Diced tomatoes, canned		1 ½ - #10 can 1 gal + 3 ¼ cups		3 - #10 can 2¼ gal + 2½ cups
Kidney beans, drained	5 lb 12 oz	1 ½ - #10 can	11 lb. 8 oz	3 - #10 can
Black beans, drained	7 lb 1 oz	2 - #10 can	14 lb 2 oz	4 - #10 can
Spaghetti sauce, prepared OR Scratch Sauce: Tomato sauce with the below spices		1 ½ - #10 can 1 ½ - #10 can (1 ¼ gallons)		3 - #10 can 3 - #10 can (2 ½ gallons)
Oregano, dried		1 Tbsp		2 Tbsp
Garlic, granulated		1/8 cup		¼ cup
Basil, dried		1 Tbsp		2 Tbsp
Salt		1 Tbsp		2 Tbsp
Oil		½ cup		1 cup
Sugar		¼ cup		½ cup
Parsley, dried		1/8 cup		¼ cup
Pepper		1 ½ tsp		1 Tbsp
Bread Crumbs		1 ½ cups		3 cups

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together.
Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. Bake until internal temperature reaches 140°F for a minimum of 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.

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Serving Information

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).

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 black and kidney beans in half.

Nutrition Information*From USDA Nutrient Database

Calories: 304 Total Fat: 2g Saturated Fat: 0.5g Carbohydrate: 55g (13g fiber) Protein: 14g Sodium: 887mg