

# DIDI'S BEEF BOLOGNESE SAUCE WITH CARROTS

RSD #10, Avon, Canton Public Schools - 2018  
 adapted from *Project Bread's Let's Cook: Healthy School Meals*

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Raw ground beef	2 lbs. 3 oz.		8 ¾ lbs.		<ol style="list-style-type: none"> <li>1. Sanitize work area with bleach &amp; water solution.</li> <li>2. Wash hands.</li> <li>3. Put on food service gloves.</li> </ol> <p><b>Cooking Methods:</b> (Steps 1-4 can be done the day before service)</p> <ol style="list-style-type: none"> <li>1. Brown raw ground beef in oven or steam kettle per your kitchen recipe. Drain beef and chill to 40°F or below.</li> <li>2. Prepare marinara sauce by heating oil in steam kettle on medium heat. Add onion and sauté until translucent, about 6 minutes.</li> <li>3. Add carrots, garlic, onion powder and tomato sauce.</li> <li>4. Bring to a simmer and add herbs. Simmer 30 minutes, then add vinegar and salt and pepper.</li> <li>5. Pan sauce into 2 ½ inch deep hotel pans and refrigerate until 40°F or below.</li> <li>6. Stir chilled cooked beef into marinara sauce and keep refrigerated until use.</li> <li>7. Cook and cool pasta per pasta recipe-do not overcook; <b>pasta must be al dente!</b></li> <li>8. Mix cold pasta with cold sauce.</li> <li>9. Portion sauced pasta into 2½-inch deep hotel pans, about 13½ lbs. per pan. The final cooked weight will be 12½ lbs. per pan because of evaporation during cooking.</li> </ol>
Grated parmesan cheese	1¾ oz.	⅝ cup	3½ oz.	1¼ cups	
Vegetable oil		½ Tbsp		1 Tbsp	
Spanish onions, minced	1⅓ oz.	2 Tbsp 2 tsp	½ lb.	⅓ cup	
Carrots, finely chopped	¾ lb.	1½ cups	1½ lb.	3 cups	
Garlic powder		1⅛ tsp		¾ Tbsp	
Onion powder		¼ Tbsp		½ Tbsp	
Tomato sauce		6¼ cups (½ #10 can)		12½ cups (#10 can)	
Dried oregano		¼ Tbsp		½ Tbsp	
Dried basil		¼ tsp		½ tsp	
Cider vinegar		¼ cup		½ cup	
Salt		¼ Tbsp		½ Tbsp	
Black pepper		¼ Tbsp		½ Tbsp	
WG penne or spaghetti	1⅝ lbs.		3¼ lbs.		

					<p>10. Cover with parchment paper and foil (tightly wrapped) and reheat at 350°F to an internal temperature of 165°F.</p> <p>11. At time of service, top with 1 teaspoon grated parmesan on each serving.</p>
<p><b>Serving Size:</b> ½ cup penne or spaghetti + ½ cup beef Bolognese sauce  <b>Meal Pattern Contribution:</b> 1 oz. Meat/Meat Alternate, 1 oz. equivalent Whole Grain, ¼ cup Red/Orange Vegetable</p> <p>Recipe, nutrition information and meal contribution evaluation provided by <i>Project Bread's Chefs in Schools Initiative Let's Cook: Healthy School Meals Cookbook</i> (directions have been modified to include preparation of beef and marinara sauce).</p> <p><b>Nutrition Information:</b> Calories: 224; Sodium 216.07mg; Saturated Fat: 8.81%</p>					<p><b>HACCP/Serving Instructions:</b></p> <p>1. Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.</p>

*Recipe and Meal Contribution Review completed by Put Local on Your Tray.*

*SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.*



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