

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent. 3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. CCP: Heat to 165° F or higher. 4. Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. 5. CCP: Hold at 140° F or warmer. Portion with No. 10 scoop (⅔ cup).
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ¼ cup 2 Tbsp	
Canned tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Water		1 qt ½ cup		2 qt 1 cup	
Sugar		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried basil		¾ tsp		1 ½ tsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Cooked macaroni, noodles, or spaghetti (A-19)		1 qt 2 ¼ cups		3 qt ½ cup	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz

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SERVING:	YIELD:	VOLUME:
$\frac{3}{8}$ cup (No. 10 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.	25 Servings: 2 pans	25 Servings: 2 quarts 2 cups
	50 Servings: 4 pans	50 Servings: 1 gallon 1 quart
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Nutrients Per Serving			
Calories	193	Saturated Fat	3.31 g
Protein	14.34 g	Cholesterol	39 mg
Carbohydrate	15.84 g	Vitamin A	513 IU
Total Fat	7.90 g	Vitamin C	12.1 mg
		Iron	2.23 mg
		Calcium	26 mg
		Sodium	154 mg
		Dietary Fiber	1.7 g