

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup	1. In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	3. Portion meatballs with level No. 20 scoop in rows 5 across and 5 down in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		
*Fresh onions, chopped OR Dehydrated onions	4 ½ oz	¾ cup OR 3 Tbsp	9 oz	1 ½ cups OR ¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		⅛ tsp		¼ tsp	

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	<p>4. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes)</p> <p>CCP: Heat to 165° F or higher.</p> <p style="text-align: center;">OR</p> <p>If using homemade stock, CCP: Heat to 165° F or higher.</p> <p>5. Drain fat from pans.</p> <p>6. CCP: Hold for hot service at 140° F or warmer.</p> <p>Portion is 2 meat balls.</p>
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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 meatballs provide the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	25 Servings: 4 lb 4 oz	25 Servings: 2 quarts 2 cups (uncooked) (50 meatballs)
	50 Servings: 8 lb 8 oz	50 Servings: 1 gallon 1 quart (uncooked) (100 meatballs)
Tested 2004		

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

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Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g