



### Green for Go Local

Ingredients in **green** = locally grown or produced



**Beef**



**Onion**



**Garlic**



**Mushroom**



**Tomato**



**Honey**

# Spaghetti with Meat or Tomato Sauce

By Jenny & Rosie

Yield: 50 × 12 oz (375 mL) Elementary School servings

## Ingredients

### For Tomato Sauce (24 cups/6 L):

3 Tbsp (45 mL)	Oil
2 large	<b>Onions</b> , minced
1 lb (454 g)	<b>Carrots</b> , grated
1 bulb (about 12 cloves)	<b>Garlic</b> , peeled
1 lb (454 g)	<b>Mushrooms</b> , minced
1 × (2.84 L) can	Crushed <b>tomatoes</b> or 3 L fresh or frozen (defrosted)
	<b>tomato purée</b>
2 × (369 mL) cans	<b>Tomato paste</b>
¼ cup (60 mL)	<b>Honey</b> or sugar
5 Tbsp (75 mL)	<b>Basil</b>
2 Tbsp (30 mL)	<b>Oregano</b>
1 Tbsp (15 mL)	Salt
8 cups (2 L)	Water

### For Meat Sauce (32 cups/8 L):

2 Tbsp (30 mL)	Oil
5 lb (2.27 kg)	Lean <b>ground beef</b>

### To Assemble & Serve:

5 lb (2.27 kg)	Whole wheat spaghetti
1 cup (100 g)	<b>Shredded parmesan</b> (or 2 cups/200 g <b>Shredded cheddar or mozzarella</b> )

## Directions

*Note:* Put your pasta pot of water on to boil while making sauce. Wash all produce well. Set aside some tomato sauce for vegetarians before adding beef.

1. Heat the oil in a large heavy-bottomed pot over medium heat. Add onions and sauté until translucent, about 10–15 minutes.
2. Add garlic and carrots, and continue to sauté for 10 minutes.
3. Add mushrooms and sauté for an additional 15 minutes, stirring occasionally.
4. Add the crushed tomatoes, tomato paste, sugar, basil, oregano, salt, baking soda and water. Stir to combine.
5. Bring to a boil and then reduce heat to low, cover and simmer until the sauce has thickened to desired consistency, about 20 minutes, stirring occasionally. Add sugar to taste if necessary to balance tart tomatoes.
6. Add water to thin if it reduces too far. If hot holding, use hot water, and if cooling, blend in ice or cold water.
7. In a large pan or pot, heat oil over medium-high heat and crumble in beef. Cook and stir until the meat is browned throughout, about 15–25 minutes.
8. Add the meat to the tomato sauce **after removing what you need for vegetarian service**. Heat the sauce to 165°F (74°C) before assembling.
9. Bring a large pot of water to a boil. Add the spaghetti and salt and boil until the spaghetti is tender, about 10 minutes. Drain the spaghetti and combine with tomato sauce in a large hotel pan.

*Directions continued on next page...*



## Equipment

- Two large pots (12-16 quart and 20 quart)
- Large frying pan or additional pot
- Two 4" deep full hotel pans
- Food processor or immersion blender\*

\*Note: A food processor makes quick work of mincing vegetables.

## Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

9. Cover with lids or foil and hold food in a warming oven at 170°F (75°C) or steam table, at a minimum 140°F (60 °C) internal temperature, checking at regular intervals.
10. Top each serving (1 cup/250 mL spaghetti and ½ cup/125 mL sauce) with about 1 tsp (5 mL) parmesan or 2 tsp (10 mL) cheddar or mozzarella cheese.

## Create Your Plate!

### Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Pea shoots**
- ★ **Broccoli** - cooked
- ★ **Zucchini** - cooked
- ★ **Tomato** - diced
- ★ **Spinach** - fresh
- ★ **Green onion** - chopped
- ★ **Peppers** - diced
- ★ **Mushrooms - sliced**
- ★ **Olives** - sliced
- ★ **Fresh basil**
- ★ **Shredded cheese**
- ★ **Fruit**
- ★ **Diced chicken** (if serving just tomato sauce)

## Tips & Tricks

### Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

### Conversion Measures

- 1 lb (454 g) carrots = about 5 medium carrots
- 2 oz (56 g) dry spaghetti = 1 cup (250 mL) cooked
- 1 × 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes (or 50-60 whole medium tomatoes)

### Veg It Up!

Add minced celery, zucchini, peppers, sweet potato, spinach or kale with the mushrooms in Step 4 to add extra colour, fiber and flavour.

### Swap In

Swap in lean ground pork for the ground beef, or use half beef and half pork.

### Leftovers

Leftover sauce may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C). Make extra tomato sauce without water or beef for a delicious pizza sauce.