

Mighty Marinara with Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garbanzo beans, drained or cooked from dry beans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans		3 gallons + 1 pint OR 5-#10 cans
Oil, olive or vegetable		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ Cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, fresh OR Parsley, dried		1 Tbsp. OR 2 Tbsp.		2 Tbsp. OR $\frac{1}{4}$ cup
Black pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Prepared Grains: Choose one	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Spaghetti (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Penne (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Brown Rice (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	

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

Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 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.

Serving Information

Using 8 ounce ladle/spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 ounces equivalent grains, and $\frac{1}{2}$ cup red/orange vegetable. For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.



Mighty Marinara with Chickpeas

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Nutrition Information per serving *From USDA Nutrient Database

Calories: 417 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 77g Fiber: 17g Total Sugar: 13g Protein: 18g Sodium: 292mg Vitamin A:
37µg Vitamin C: 11mg Calcium: 107mg Iron: 5mg Folate: 102µg

