

Protein Packed Pasta Marinara

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Using gluten-free bean pasta

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
Beefless crumbles OR Great Northern Beans, cooked, drained		1 lb. 10 oz. OR 1-#10 can		3 lbs. 4 oz. OR 2-#10 cans
Olive or vegetable oil		$\frac{1}{2}$ 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, dried		2 Tbsp.		$\frac{1}{4}$ cup
Pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Bean Pasta Each Serving: 1.4 oz. dry ($\frac{1}{2}$ cup prepared)	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	

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

Preparation

1. Prepare bean pasta accordingly. Boil for 10-12 minutes, drain and rinse with water. Toss with the vegetable or olive oil.
2. Stir all ingredients together except for pasta and heat thoroughly.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds and hold at internal temperature of 135°F or above.

Serving Information

Using a 6 ounce ladle or spoodle, serve 6 ounces of marinara sauce over $\frac{1}{2}$ cup cooked rotini, penne, or elbow noodles. Serve with roll, breadstick or other whole grain rich bread component.

*Each serving of bean pasta and marinara provides 2 $\frac{1}{2}$ meat/meat alternates, $\frac{1}{2}$ cup red/orange vegetable.



Protein Packed Pasta Marinara

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Nutrition Information *From USDA Nutrient Database

With legume marinara

Calories: 274 Total Fat: 1.5g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 46g Fiber: 13g Total Sugar: 7g Protein: 17g Sodium: 480mg Vitamin A: 37µg
Vitamin C: 12mg Calcium: 82mg Iron: 2mg Folate: 36µg

With beefless crumble marinara

Calories: 277 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 40g Fiber: 12g Total Sugar: 7g Protein: 21g Sodium: 465mg Vitamin A: 37µg
Vitamin C: 12mg Calcium: 62mg Iron: 2mg Folate: 17µg

