

# Pumped Up Pasta Bake

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: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pasta, penne, whole grain rich, dry	3 lbs. 4 oz.		6 lbs. 8 oz	
Diced tomatoes, canned		1 gallon + 3 ¼ cups		2¼ gal + 2½ cups
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Spaghetti sauce, prepared OR Scratch Sauce: Tomato sauce with the below spices		1 ½ - #10 can OR		3 - #10 can OR
Tomato sauce		1 ½ - #10 cans		3- #10 cans
Oregano, dried		1 Tbsp.		2 Tbsp.
Garlic, granulated		2 Tbsp.		¼ cup
Basil, dried		1 Tbsp.		2 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		½ cup		1 cup
Sugar		¼ cup		½ cup
Parsley, dried		1/8 cup		¼ cup
Pepper		1 ½ tsp		1 Tbsp.
Bread Crumbs		1 ½ cups		3 cups

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together. Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. Bake until internal temperature reaches 140°F for a minimum of 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.

# Pumped Up Pasta Bake Continued

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## Serving Information

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, and ½ cup red/orange vegetable.

For a 1 meat/meat alternate sauce, cut measure of black and kidney beans in half.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 287 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 55g Fiber: 14g Total Sugar: 9g Protein: 14g Sodium: 641mg Vitamin A:

52µg Vitamin C: 15mg Calcium: 301mg Iron: 5mg Folate: 123µg

