

Black bean and sundried tomato pasta

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Italian	PF K-12	VG	12	16.66 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	For Meatballs: On a flat top grill, heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and let cool.
	1 cup	4.45 oz	9%	4.91 oz	Onions, White, small diced	
	2 tbsp	1.06 oz	12%	1.20 oz	Garlic, cloves, peeled, minced	



Onions and garlic done.



Onions and garlic sautéing

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup	3 lb 2.82 oz	0%	3 lb 2.82 oz	Beans, Black, canned, low sodium	In a food processor, pulse onion/garlic mixture, and all ingredients in step 2 until broken down and combined but not over-processed into a paste.
	1 cup	5.30 oz	23%	6.88 oz	Tomatoes, Sun Dried, julienne, oil drained	
	1 1/4 cup	3.50 oz	0%	3.50 oz	Crumbs, Panko Bread	
	2 tbsp	0.24 oz	0%	0.24 oz	Seasoning, Italian	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Pepper, Black, ground	



Ingredients in food processor



Black bean meatballs pulsed

3

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

Portion out 1.5 ounce of the mixture and roll into balls on a parchment-lined sheet tray. Freeze for 10 minutes or refrigerate for 30 minutes.

*This can be done in advance- place meatballs in hotel pan wrapped in plastic wrap. Freeze until needed.



Black bean meatballs portioned

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

4

2 tbsp

0.96 oz

0%

0.96 oz Oil, Canola

On a flat top grill, or large skillet, heat oil over medium-high heat. Sear off meatballs on all sides until golden brown and meatball is cooked through, about 2 minutes per side. Meatballs can also be baked in the oven at 400F for 20 minutes or until cooked through-flipping halfway. Hold hot for service.



Meatballs seared off



Meatballs done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	6 cup	3 lb 4.50 oz	0%	3 lb 4.50 oz	Sauce, Marinara, canned	In a large pot on low heat, heat sauce for 10-15 minutes or until it reaches a simmer. Fold in basil. Hold hot for service.
	1/4 cup	0.52 oz	44%	0.93 oz	Basil, fresh, chopped	



Simmer marinara w/basil

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 cup	4 lb 15.20 oz	0%	4 lb 15.20 oz	Pasta, Penne, whole wheat, cooked	To serve: Add 1 cup of pasta to a bowl, top with 1/2 cup of sauce and 4 meatballs.



*Final- Black Bean &
Sundried Tomato Pasta*

MEMO

Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalent and 1/4 cup of other vegetables.

*Meatballs can be frozen and cooked to order for future use.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt		Vitamins	
Total fat	13.28 g	12.30 %	954.82 kcal 3,994.94 kJ	Salt	2.41 g		
Saturated	1.70 g	1.58 %		Sodium	960.64 mg	Vitamin A	38.62 µg
Monounsaturated	4.84 g	4.48 %		Phosphorus	882.40 mg	Vitamin D	0.00 µg
Polyunsaturated	4.28 g	3.96 %		Potassium	1,851.82 mg	Thiamine	1.20 mg
Trans fatty acids	0.02 g	0.02 %		Iron	11.35 mg	Riboflavin	0.66 mg
Cholesterol	0.00 mg			Calcium	135.59 mg	Niacin	19.15 mg
Linolenic acid	3.56 g	3.30 %		Zinc	7.45 mg	Vitamin B6	0.83 mg
Alpha-linolenic acid	545.86 mg	0.51 %		Chloride	0.00 mg	Vitamin B12	0.03 µg
Total Carbohydrate	183.24 g	77.97 %		Chromium	0.00 µg	Folate	6.78 µg
Sugars total	10.92 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	358.79 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	30.94 g	6.20 %		Iodine	0.00 µg	Vitamin C	23.21 mg
Organic acids	0.00 g	0.00 %		Selenium	150.27 µg	Vitamin E	4.51 mg
Sugar alcohol	0.00 g	0.00 %		Copper	1.44 mg	Vitamin K	19.47 µg
Starch	111.12 g	47.28 %					
Protein	40.16 g	17.09 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		226.78 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.