



Spaghetti with Meat Sauce

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
5 lbs	ground beef, lean or extra lean, thawed	2.27 kg
3	onions, chopped	3
6 cloves	garlic, minced	6 cloves
4	red peppers, chopped	4
8 cups	mushrooms, sliced	2 L
8 (28 oz) cans	low-sodium tomatoes, diced or crushed	8 (796 mL) cans
4 tbsp	basil, dried	60 mL
1 tbsp	oregano, dried	15 mL
1 tbsp	thyme, dried	15 mL
2 tsp	salt	10 mL
1 tbsp	sugar	15 mL
4 lbs	whole grain or whole wheat spaghetti	1.8 kg
Optional:		
2 (6oz) cans	tomato paste pepper	2 (170 mL) cans
Toppings:		
1 cup	parmesan cheese, grated	250 mL
1 cup	fresh parsley, chopped	250 mL

Note 1: Instructions are on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

Instructions

1. Heat oil in a large pot on medium-high heat. Add beef and cook until browned and no longer pink. Drain fat.
2. Add onions and sauté until soft.
3. Add garlic. Cook 1 – 2 minutes.
4. Add sliced mushrooms. Cook on medium heat until mushroom liquid has been reduced.
5. Add peppers, tomatoes, and spices and simmer for 30 minutes to 1 hour. Season with salt and pepper (if using).
6. Add small amount of sugar if sauce is too acidic. Add tomato paste if sauce is too thin.
7. In the meantime, bring a large pot of water to a boil. Cook spaghetti until tender (according to package directions).
8. Drain and toss with sauce.

Vegetarian Substitution suggestion: Use Tofu Sauce (see recipe) instead of Meat Sauce.

For one vegetarian serving, serve about 1 cup cooked pasta with $\frac{3}{4}$ cup (175 mL) tofu pasta sauce.

Nutrition Information	
Serving 270 g	
Calories	260
Fat	5 g
Saturated 1.5 g	
+ Trans 0 g	
Sodium	150 mg
Carbohydrates	39 g
Fibre 5 g	
Sugars 7 g	
Protein	17 g
Calcium	50 mg
Iron	3 mg

Food Guide Servings
1 Vegetable & Fruit
1 $\frac{1}{2}$ Grain Product
1 Meat & Alternative