

Easy Meat Sauce



Recipe Rating	
Total Time	60-65 Minutes
Cooking Time	55 Minutes
Total Labour	5-10 Minutes
Knife Skills	Basic

Equipment
Chef's knife /Cutting Board
Mixing Bowl and Spoon
Can opener
Measuring Cups and Spoons
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or
Tray Service Retherm Cart

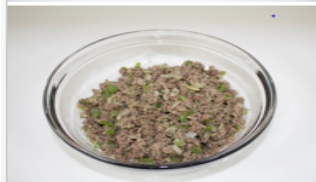
Nutrition Facts		Valeur nutritive	
Per 1 serv (336g) / par 1 serv (336g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	490		
Fat / Lipides	15g	23%	
Saturated / satures	3g		
+ Trans / trans	0g	15%	
Cholesterol / Cholesterol	45mg		
Sodium / Sodium	320mg	13%	
Carbohydrate / Glucides	60g	20%	
Fibre / Fibres	4g	14%	
Sugars / Sucres	5g		
Protein / Proteines	27g		
Vitamin A / Vitamine A			
Vitamin C / Vitamine C		30%	
Calcium / Calcium		10%	
Iron / Fer		30%	

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Ground Beef	2 kg	4.4 lbs.	4 kg	8.8 lbs.
Olive oil	60 ml	4 tbsp.	120 ml	8 tbsp.
Onion, chopped	525g	4.5 oz.	1 kg	2.2 lbs.
Italian seasoning	40ml	8 tsp	80 ml	5 tbsp.
Garlic Powder	20 ml	4 tsp	40 ml	8 tsp
Black pepper	20 ml	4 tsp	40 ml	8 tsp
Green pepper	504 g	17.7 oz.	1 kg	2.2 lbs.
Pasta sauce	6 L	202 fl. oz.	12 L	405 fl. oz.
Diced tomatoes	3.3 L	112 fl. oz.	224 g	8 oz.
Salt	20 ml	4 tsp	40 ml	8 tsp

Method



1. Chop onion and green pepper into small pieces and measure dry ingredients. If uncooked, precook ground beef in a skillet with onion, green pepper and dry seasonings until meat is brown. Drain meat.



2. In a large mixing bowl, combine cooked beef with pasta sauce and diced tomatoes



Transfer to 2" deep half hotel pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.
Place pan in Multigen for 55 minutes.



3. **Bulk:** remove from Multigen and serve alone or with a side dish.

Cold Plating: allow to cool and plate alone in casserole or deep dish soup bowl, place lid on top. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.

Garnish: Shredded cheddar or Monterey Jack cheese (optional)

Food Accompany: Rigatoni Pasta

