

# Orfalea Foundation- SFI

## 000157 - School Food Marinara Sauce :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 20

Size of Portions: Qts.

050385 OIL, VEGETABLE.....	1/2 cup
902385 ONIONS,RAW, thin slice.....	6 lbs
902384 CARROTS,RAW, thin slice.....	4 lbs
902383 CELERY,RAW, thin slice.....	4 lbs
011477 SQUASH,SMR,ZUCCHINI,INCL SKN,RAW..	4 lbs
011215 GARLIC,RAW.....	2 cups
002047 SALT.....	1/4 cup
002030 PEPPER.....	3 TBSP (ground)
002027 OREGANO, DRY.....	1/2 CUP (leaves)
002003 BASIL, DRY.....	1/2 CUP (leaves)
011531 TOMATOES, CANNED, DICED.....	2 #10 Can
011549 TOMATO PRODUCTS,CND,SAU.....	1 #10 Can
011547 TOMATO, PUREE, CAN.....	2 #10 Can
014429 WATER, TAP, MUNICIPAL.....	1 qt

1. Heat a large heavy-bottomed pot or in tilt skillet over low to medium heat. Add oil\* and when the oil is hot, add onions and sweat. When onions are tender and translucent, add carrots and celery. Sweat for 10 minutes, then add zucchini and garlic. Cook until all vegetables are tender, cover with lid or close lid of tilt skillet as needed.

\*If cooking in volume, use only enough oil to coat the bottom of the cooking surface.

2. Season with salt and pepper.

3. Add the oregano and basil. Cook for 5 minutes until fragrant.

4. Add canned tomato products and water and bring up to a boil, lower the heat, then simmer for at least 30 minutes or until the sauce coats the back of a spoon.

\* Canned tomato paste can be substituted for canned tomato puree. Substitute 1 #10 can of tomato paste and 1 #10 can of water.

5. Puree with the immersion blender.

If not serving immediately, cool according to HACCP SOP.

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

**CCP:** Hold for hot service at 135° F or higher

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**EQUIPMENT:**

- 1-Dry measuring cups, 1 set
- 1-Measuring spoons, 1 set
- 1-Stock pot with lid or tilt skillet
- 1-Paddle or metal kitchen spoon
- 1-Immersion blender
- 1-Serving/storing container

\*Nutrients are based upon 1 Portion Size (Qts.)

Calories	397 kcal	Cholesterol	0 mg	Protein	14.53 g	Calcium	344.78 mg	17.48%	Calories from Total Fat
Total Fat	7.71 g	Sodium	2852 mg	Vitamin A	3316.8 RE	Iron	12.30 mg	2.93%	Calories from Sat Fat
Sat Fat	1.29 g	Carbs	79.94 g	Vitamin A	18397.2 IU	Water <sup>1</sup>	*1103.2 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	19.44 g	Vitamin C	108.0 mg	Ash <sup>1</sup>	*15.92* g	80.51%	Calories from Carbs
								14.64%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values