

2Spaghetti&MeatSauce10

Number of Servings: 10 (188.96 g per serving)

Amount	Measure	Ingredient
1 1/4	lb	Beef, ground, hamburger, pan browned, 10% fat
1 1/3	cup	Sauce, spaghetti, low sod
2 3/4	cup	Sauce, spaghetti, garlic & herb, chunky, cnd
9 1/2	oz	Pasta, spaghetti noodles, enrich, dry, all brands
4 3/4	Tbs	Cheese, parmesan, dried, grated

Nutrients per serving

Nutrition Facts	
Serving Size (189g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 380mg	16%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 22g	
Vitamin A 10%	• Vitamin C 8%
Calcium 10%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef
 RECIPE MADE WITH part LOW SODIUM & part REGULAR SPAGHETTI SAUCE to keep sodium level acceptable

Cook spaghetti in boiling water according to directions on package (as you are adding spaghetti to boiling water break it into thirds to make it easier to serve). Drain and store in cold water to keep noodles from sticking. Drain when ready to use.

Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.

Add spaghetti sauce and bring to a simmer, stirring occasionally.

Combine meat sauce and cheese and stir. Add drained, cooked spaghetti. Stir lightly. Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 325 degrees F for 45 minutes to 1 hour. Serve at 160 degrees or hotter.

Serve 1-1 1/4 cup serving using an 8 oz ladle (1c) or 10 oz (1 1/4 c) = 1+ grain, 2 oz meat, 2 vegetable serving

1 serving = 33 grams carbohydrate = 2 Carb Serv