



Spaghetti and Meat Sauce





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Recipe Items:	1 Portion	5 Portions
PE Pasta (PE#21757)	#10 scoop (95 gm)	475 gm (16.75 oz)
PE Beef (PE#21731)	#10 scoop (95 gm)	475 gm (16.75 oz)
Tomato Sauce, smooth	# 24 scoop (40 mL)	200 mL (6.8 Fl oz)
Parmesan Cheese, fine ground	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Place a #10 Scoop (95 gm) of PE Pasta into a service bowl. Layer a #10 Scoop (95 gm) of PE Beef over the pasta.



3. Finish the dish by topping with a #24 scoop (40 ml) of tomato sauce and sprinkling 1 Tbsp (15 ml) of fine ground parmesan cheese over the top of the tomato sauce.



Variations: A meatless version of this recipe could be made by removing the PE Beef Mousse and replacing with a #20 Scoop of PE Spinach Mousse and adding other servings of PE vegetable mousses as a vegetable side such as carrots or green beans for additional flavour variety. Variations to ingredients are not included in nutritional analysis.

Nutrition Facts		Valeur nutritive	
Per 1 serv (240g) / par 1 serv (240g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories		260	
Fat / Lipides	8g		12%
Saturated / saturés	2.5g		
+ Trans / trans	0g		12%
Cholesterol / Cholestérol	20mg		
Sodium / Sodium	560mg		23%
Carbohydrate / Glucides	32g		11%
Fibre / Fibres	2g		9%
Sugars / Sucres	4g		
Protein / Protéines	19g		
Vitamin A / Vitamine A			0%
Vitamin C / Vitamine C			10%
Calcium / Calcium			10%
Iron / Fer			20%

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

