

Bolognese Meat Sauce - CACFP

General Information

Recipe #	Category	Source
1977439	Lunch Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Onions, raw	½ c. chopped	
Garlic, raw	1 tbsp.	
Vegetable oil, palm kernel	1 ½ tsp.	
Beef, ground, 90% lean meat / 10% fat, raw	2 lbs., 3 oz.	
Tomatoes, red, ripe, raw, year round average	1 c. chopped or sliced	
Furmanos; 1/15OZ Tomato Sauce - Low Sodium	1 lbs., 11 oz.	
Redpack Tomato Paste, 111oz Can - CS of 6	1 c.	
Spices, garlic powder	1 tbsp.	
Spices, pepper, black	1 ¼ tsp. ground	
Spices, pepper, red or cayenne	½ tsp.	
Spices, oregano, dried	1 tbsp. leaves	
Spices, thyme, dried	1 tbsp. leaves	
Beverages, water, tap, municipal	1 ½ c.	
Salt, table	1 tbsp.	
Spices, onion powder	1 tbsp.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a large pot, heat oil. Add ground beef, season with salt and pepper. Brown well. Add garlic and onions and cook for a few more minutes. Drain.
2. Add meat and remaining ingredients. Be sure to include the liquid in the diced tomatoes. Season and reduce heat to low. Simmer for 45 minutes. Taste and adjust seasoning as needed. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.



Bolognese Meat Sauce - CACFP

Serving Size	Yield
1/3 Cup	25.00

Nutrition Facts

Serving Size 1/3 Cup (108 gm)		
Amount Per Serving		
Calories		94.279
		% Daily Value*
Total Fat	4.330 gm	6.661%
Saturated Fat	1.803 gm	9.013%
Trans Fat	0.214* gm	
Cholesterol	25.798 mg	8.599%
Sodium	334.050 mg	13.919%
Total Carbohydrate	5.836 gm	1.945%
Dietary Fiber	0.696 gm	2.785%
Total Sugars	2.870 gm	
Includes 0.000 * gm of Added Sugars		
Protein	8.814 gm	17.627%
Vitamin A	5.722* mcg RAE	0.636%
Vitamin C	3.298* mg	5.496%
Vitamin D	0.040* mcg	0.198%
Calcium	17.255 mg	1.725%
Iron	1.431 mg	7.953%
Potassium	249.100 mg	5.3%
Saturated Fat % of Calories		17.208 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Red/Orange

0.125 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated
09-18-2025

Created
09-18-2025

Edit Recipe