

# Mama Mia Pasta Bake - CACFP

## General Information

| Recipe # | Category   | Source |
|----------|--|--------|
| 2012230  | Lunch Entree  | Local  |

## Ingredients

| Name  | Quantity                      | +<br>Quantity<br>2 |
|---|-------------------------------|--------------------|
| Onions, raw   | ¾ c. chopped                  |                    |
| Garlic, raw   | 1 tbsp.                       |                    |
| Vegetable oil, palm kernel  | 1 ½ tsp.                      |                    |
| Beef, ground, 90% lean meat / 10% fat, raw  | 1 lbs., 12 oz.                |                    |
| Tomatoes, red, ripe, canned, packed in tomato juice   | 1 c.                          |                    |
| Furmanos; 1/15OZ Tomato Sauce - Low Sodium  | 1 lbs., 9 ½ oz.               |                    |
| Redpack Tomato Paste, 111oz Can - CS of 6   | ¾ c., 2 tbsp.                 |                    |
| Spices, garlic powder   | 1 tbsp.                       |                    |
| Spices, pepper, black   | ¾ tsp. ground                 |                    |
| Spices, pepper, red or cayenne  | ¾ tsp.                        |                    |
| Spices, oregano, dried  | 1 tbsp. leaves                |                    |
| Spices, thyme, dried  | 1 tbsp. leaves                |                    |
| Salt, table   | ¾ tsp.                        |                    |
| Spices, onion powder  | 1 tbsp.                       |                    |
| Beverages, water, tap, municipal  | ½ c.                          |                    |
| Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry (Includes foods for USDA's Food Distribution Program) | 1 qt., 1 pt., 1 ¾ c.<br>penne |                    |
| Beverages, water, tap, municipal  | 1 gal.                        |                    |
| Cheese, mozzarella, nonfat  | 1 ½ c. shredded               |                    |

## Preparation Instructions

HACCP Process: #2 - Same Day Service

- In a large braising pan, heat oil, add ground beef, season with 1/2 tsp salt and 1/4 tsp pepper. Brown well, drain. Add onions and garlic and cook a few minutes more. Add remaining ingredients except for pasta. Be sure to include the liquid in the diced tomatoes. Reduce heat to low, simmer for 30-45 minutes. Taste and adjust seasonings as needed.
- Cook pasta according to instructions on the box.
- In a large mixing bowl, mix together sauce and pasta and then place in a baking dish and top with cheese. Place in a 350 degree F oven for 5-10 minutes uncovered to melt cheese and until internal temperature reaches 165 degrees F. 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.



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Serving Size **2/3 Cup** (279 gm) Yield **25.00**

## Nutrition Facts

**Serving Size 2/3 Cup (279 gm)**

| Amount Per Serving                         |                |
|--|----------------|
| <b>Calories</b>                            | <b>195.463</b> |
| <b>% Daily Value*</b>                      |                |
| <b>Total Fat</b> 4.298 gm                  | <b>6.612%</b>  |
| <b>Saturated Fat</b> 1.588 gm              | <b>7.938%</b>  |
| <b>Trans Fat</b> 0.172* gm                 |                |
| <b>Cholesterol</b> 21.859* mg              | <b>7.286%</b>  |
| <b>Sodium</b> 186.471 mg                   | <b>7.77%</b>   |
| <b>Total Carbohydrate</b> 27.466 gm        | <b>9.155%</b>  |
| <b>Dietary Fiber</b> 4.244 gm              | <b>16.976%</b> |
| <b>Total Sugars</b> 3.516 gm               |                |
| <b>Includes 0.000 * gm of Added Sugars</b> |                |
| <b>Protein</b> 13.233 gm                   | <b>26.467%</b> |
| <b>Vitamin A</b> 13.273* mcg RAE           | <b>1.475%</b>  |
| <b>Vitamin C</b> 3.553* mg                 | <b>5.921%</b>  |
| <b>Vitamin D</b> 0.032* mcg                | <b>0.159%</b>  |
| <b>Calcium</b> 95.391 mg                   | <b>9.539%</b>  |
| <b>Iron</b> 2.298 mg                       | <b>12.765%</b> |
| <b>Potassium</b> 318.397 mg                | <b>6.774%</b>  |
| <b>Saturated Fat % of Calories</b>         | <b>7.310%</b>  |
| <b>Added Sugar % of Calories</b>           | <b>0.000%</b>  |

\* 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 | 0.75 oz     |

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.

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.

|            |           |
|------------|-----------|
| Grains     | 1 oz      |
| Red/Orange | 0.25 cups |

## Added Sugar Limitations i

Not applicable.

## Dates

Last Updated

01-06-2026

Created

10-31-2025

Edit Recipe