

PRIMO PASTA

Grains-Vegetable-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Spirals, shells, or similar type pasta, uncooked	5 lbs		10 lb		<p>1. Cook the pasta in boiling water until it is just tender, then drain and rinse.</p> <p>2. Heat 1 cup of water in a large pot or steam-jacketed kettle. Cook the onions, garlic, peppers, and celery for 10 minutes, stirring occasionally. Add the tomatoes, kidney beans with their liquid, and soy sauce.</p> <p>3. Add the Italian herbs, basil, and pepper. Cover and simmer, 15 to 20 minutes, stirring occasionally. Stir in the cooked pasta. Add salt.</p>
Water		1 C		2 C	
Onions, chopped		1 gal		2 gal	
Garlic, minced		⅓ C		⅔ C	
Celery, sliced		8 stalks		16 stalks	
Bell peppers, diced		1 qt		2 qt	
Canned crushed tomatoes		2 #10 cans		4 #10 cans	
Kidney beans, canned, including liquid		2 #10 cans		4 #10 cans	
Soy sauce		½ C		1 C	
Mixed Italian herbs		2 T		4 T	
Basil, dried		2 T		4 T	
Black pepper		1 tsp		2 tsp	
Salt		1 tsp		2 tsp	

Serving	Yield	Volume
One cup each	50 Servings:	50 C
Each serving provides ¼ cup fruit/vegetable and 1 serving grains/breads.	100 Servings:	100 C

Nutrients Per Serving					
Calories	349 kcal	Saturated Fat	0.3 g	Iron	5 mg
Protein	16 g	Cholesterol	0 mg	Calcium	93 mg
Carbohydrate	68 g	Vitamin A	236 IU	Sodium	738 mg
Total Fat	1.9 g	Vitamin C	23 mg	Dietary Fiber	10 g