

Pasta with Greens and Beans

🕒 Cooking time: 20 minutes
 HACCP Process #2 Same Day Service

1 Serving Provides:

CACFP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains, $\frac{3}{8}$ cup Vegetables

NSLP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains,
 $\frac{1}{4}$ cup Red/Orange Vegetables, $\frac{1}{8}$ cup Dark Green Vegetables

SFSP: 0.75 ounce Meat/Meat Alternate, 1 ounce equivalent Grains, $\frac{3}{8}$ cup Vegetables

| Ingredients | 56 Servings | | 112 Servings | |
|---------------------------------|-------------------|---------------------------|---------------------|-----------------------------|
| | Weight | Measure | Weight | Measure |
| Dry pasta (try penne) | 4 pounds | | 8 pounds | |
| Canned diced tomatoes | 7 pounds 8 ounces | | 15 pounds | |
| White beans, drained and rinsed | 7 pounds 8 ounces | 3 quarts + 2 cups | 15 pounds | 1 gallon + 3 quarts |
| Frozen chopped spinach, thawed | 5 pounds | | 10 pounds | |
| Garlic powder | | 2 Tablespoons | | $\frac{1}{4}$ cup |
| Salt | | 1 Tablespoon + 1 teaspoon | | 2 Tablespoons + 2 teaspoons |
| Black pepper | | 1 Tablespoon + 1 teaspoon | | 2 Tablespoons + 2 teaspoons |
| Parmesan cheese | 13.6 ounces | 1 quart | 1 pound 11.2 ounces | 2 quarts |



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Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, in a large stock pot, steam kettle, or tilt skillet combine the tomatoes, beans, spinach, garlic powder, salt, and pepper. Bring to a low boil and reduce heat to a simmer. Cover and cook for 5 minutes.
3. Add the drained pasta and stir to combine. Transfer into full-size 2-inch steamtable pans and evenly distribute the parmesan cheese over the top.
 - CCP: Heat to 165°F or higher for at least 15 seconds.
 - CCP: Hold for hot service at 135°F or higher.
 - Serve 1 cup portions using an 8 ounce ladle or spoodle.

continues

Pasta with Greens and Beans, continued

| Serving | Yield | Volume | Nutrients Per Serving | | | | | |
|---------|---|--|-----------------------|-------|---------------|--------|-----------|---------|
| 1 cup | 56 servings, about 26 pounds 112 servings, about 52 pounds | 56 servings, about 3 gallons 2 quarts 112 servings, about 7 gallons | Calories | 217 | Sodium | 398 mg | Vitamin A | 4638 IU |
| | | | Total Fat | 3 g | Carbohydrate | 36 g | Vitamin C | 9 mg |
| | | | Saturated Fat | 1.2 g | Dietary Fiber | 7 g | Iron | 4 mg |
| | | | Cholesterol | 5 mg | Protein | 11.7 g | Calcium | 208 mg |