

## EUSD Grown Marinara Sauce

**Recipe Number:** MS1

**Meal Pattern Contribution:** ¼ c Red Orange Vegetable

**Recipe Yield:** 7 Gallons of Sauce (280, 3.2-fluid ounce portions)

**Allergens:** none

### Recipe Ingredients

24 lbs Tomatoes, roasted

2 quarts Water

1 #10 can USDA Tomato Paste

1 cup Parsley, dried

1 Tbs Garlic Powder

¾ cup Oregano, dried

¼ cup Salt

1 Tbs Pepper

56 cups Zucchini, shredded and blanched



### Special Instructions for Preservation of EUSD Grown Produce

Over the summer break, EUSD Grown produce is preserved for use during the school year. See below for instructions on preserving the items in this recipe post-harvest.

**EUSD Grown Tomatoes:** To roast tomatoes, simply place 7-10 lbs of washed and de-stemmed tomatoes in a hotel pan. Add about ¼ cup of vegetable oil, one dash of salt and one dash of pepper to each pan. Mix well and cook in a preheated convection oven at 225° F for one hour, or until tomatoes reach a minimum internal temperature of 135° F or higher. Cool and freeze to preserve.

**EUSD Grown Herbs:** To dry fresh herbs start by washing the herbs well and draining. Then line a sheet pan, hotel pan, or wire rack with parchment paper. Place herbs in a single layer. Leave at room temperature for one to three weeks until dried (this may vary depending on temperature and humidity level in your facility). Once herbs are completely dry, destem the leaves. Place the destemmed herbs in a food processor or vita-mix and pulse until herb mixture is coarsely ground. Transfer to a container for storage at room temperature up to nine months.

**EUSD Grown Zucchini:** To shred, wash the zucchini and place in the institutional cheese grader. Sizes may vary, so some vegetables may need to be cut in half. To blanch, place shredded zucchini in a pot of boiling water for 2-3 minutes. Drain well, cool and freeze until use.

## Recipe Instructions

1. Prior to the day of service, thaw roasted tomatoes and shredded, blanched zucchini.  
**CCP:** Thaw at 41° F or lower.
2. On the day of service transfer thawed, roasted tomatoes into a large mixing bowl or bucket. Add water and blend with immersion blender until fully combined and smooth. Add tomato paste, parsley, garlic powder, oregano, salt and pepper to mixing bowl. Blend again until mixture is fully combined.  
*Note: This step may be done in advance*
3. Preheat convection oven to 325° F.
4. Place sauce mixture into 20 qt sauce pot. Heat sauce over medium-high heat until small bubbles begin to form. Reduce heat low and simmer for 20-25 minutes to allow flavors to meld.  
**CCP:** Cook to a minimum internal temperature of 135° F or higher.  
*Note: For schools without a stove, this step may also be accomplished by diving sauce into hotel pans, covering and cooking for 15-20 minutes at 325° F.*
5. Meanwhile, place defrosted zucchini into a hotel pan. Cover and cook in the preheated convection oven for 15 minutes.  
**CCP:** Cook to a minimum internal temperature of 135° F or higher.
6. To assemble, combine sauce and zucchini with other ingredients for dish (pasta, meatballs, etc). Serve 3.2 fl oz of sauce with each serving of pasta.  
**CCP:** Hold at 135° F or higher until service

## Serving Suggestions

Combine 1-quart marinara sauce, 4 cups of zucchini and 10 cups of whole grain pasta, cooked al-dente. To yield 20 servings, use a number 8 scoop. Meal pattern contribution will be: 1.0 WG, ¼ c Red Orange Vegetable.

- For Meat/Meat Alternate: add meatballs, shredded cheese or ground turkey.

## Recipe Variations:

When EUSD Grown Produce is unavailable, please make the following adjustments:

- In place of 24 lbs of Tomatoes, Roasted:
  - Three #10 cans USDA Tomatoes, Diced
  - One #10 can USDA Tomato Sauce
- Utilize purchased herbs, dried or fresh
- In place of zucchini utilize seasonal, fresh vegetables or frozen USDA vegetables.

## Notes: