

# turkey spaghetti



Serving Suggestion



## turkey spaghetti

portion size:  
1 cup

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Whole grain spaghetti noodles, dry, USDA		4 lbs. 12 oz.		9 lbs. 8 oz.	<ol style="list-style-type: none"> <li>1. Preheat oven to 350° F.</li> <li>2. Boil 10 gallons of water. Add noodles. Stir slowly until water boils again. Cook 8-10 minutes for al dente noodles.</li> <li>3. Heat sauce to 165°F.</li> <li>4. Add tomatoes to turkey mixture. Heat in oven for approximately 30 minutes or until mixture reaches internal temperature of 165°F. as measured by meat thermometer.</li> <li>5. Add spices to sauce. Heat sauce to simmer and cook for 30-45 minutes to allow spices to absorb.</li> <li>6. Hold sauce and noodles at 140°F. until serving. Use 4 oz. ladle or spoodle to portion ½ cup sauce on top of ½ cup spaghetti noodles. If sauce and noodles are mixed together, portion 1 cup as serving.</li> </ol>
Turkey Spaghetti Meat Sauce FC, #2853-28, thawed		15 lbs. 6 oz.		30 lbs. 12 oz.	
Tomatoes, diced, canned, drained, USDA		3 c.		1 qt. 2 c.	
Oregano, dried leaves	½ c.		1 c.		
Red chili flakes, dried	¼ c.		½ c.		

• 1 serving provides 2 oz. meat/meat alternate,  
1 serving bread grain and ¼ cup of vegetables.

For preparation by a food preparation establishment only,  
according to the food code or equivalent.

### Nutrients Per Serving

Calories	280 cal	Trans Fat	0 g	Carbohydrates	39.33 g
Fat	4.60 g	Cholesterol	55.00 mg	Dietary Fiber	4.23 g
Saturated Fat	1.11 g	Sodium	403.78 mg	Protein	23.31 g