

SPAGHETTI SAUCE (MEATLESS)

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

- **Meatless Spaghetti Sauce** is a ready-to-use tomato-based sauce. It has a bright, typical tomato color and is smooth in texture.
- In addition to tomato products, it may also contain: water, sugar, olive oil, soybean and/or cottonseed oil, onion powder, garlic powder, citric acid, natural flavoring, starches, and other ingredients.

Pack

Meatless spaghetti sauce is packed in a #300 can (approximately two cups).

Storage

- Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to direct sunlight speeds deterioration.
- Store opened spaghetti sauce in a covered non-metallic container and refrigerate. Use within 5 to 7 days.

Uses and Tips

- Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian-style dishes. Can be a quick and easy substitute for homemade spaghetti sauce in any recipe.
- Use warmed as a dipping sauce for breadsticks.
(See recipes on reverse side)



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Nutrition Information

- **Meatless Spaghetti Sauce** is a generous provider of vitamin C, a vitamin useful in helping protein to provide structure to bones, cartilage, muscle, and blood vessels, as well as maintaining capillaries, bones, and teeth and aiding in the absorption of iron. It also contains fiber, which is useful to a healthy digestive system as well as helpful in satisfying the appetite.
- ½ cup of meatless spaghetti sauce provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ½ cup (56g)	
Amount Per Serving	
Calories 54	Fat Cal 9
% Daily Value*	
Total Fat 1.0g	1%
Saturated Fat .1g	0%
Cholesterol 0mg	0%
Sodium 669mg	27%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	0%
Sugars 5g	
Protein 1g	
Vitamin A 2%	Vitamin C 7%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

Beefaroni

9 oz (2¼ cups) uncooked macaroni
 2 pounds ground beef
 ½ cup onions, chopped
 ½ cup celery, chopped
 1/3 cup green peppers, chopped
 1 #300 can spaghetti sauce
 6 oz (1½ cups) shredded American cheese

1. Cook macaroni in boiling water. Drain and set aside.
2. While macaroni is cooking, brown ground beef, chopped onions, chopped celery, and chopped green peppers until mixture falls apart. Drain off fat and discard.
3. Mix in canned spaghetti sauce and cooked, drained macaroni.
4. Pour total mixture into a baking pan or casserole. Top with shredded cheese.
5. Bake at 400°F for 15 minutes until heated through and cheese is lightly browned and mixture is bubbling.
Makes 7 (1 cup) servings

Recipe provided by "Food Service Director"
 magazine

Nutrition Information for each serving of Beefaroni:

Calories	446	Cholesterol	98 mg	Sugar	1 g	Calcium	185 mg
Calories from Fat	260	Sodium	763 mg	Protein	30 g	Iron	2.8 mg
Total Fat	28.9 g	Total Carbohydrate	15 g	Vitamin A	165 RE		
Saturated Fat	12.2 g	Dietary Fiber	3 g	Vitamin C	18 mg		

Pasta Fagiola

(Pah-sta fah-zool) (Macaroni/bean soup)

11 oz uncooked macaroni (1 1/3 cups raw)
 1 tablespoon + 1 teaspoon oil
 1 cup green peppers, chopped
 2/3 cup onion, chopped
 2/3 cup celery, chopped
 1 #300 can spaghetti sauce
 2 cups water
 ¼ teaspoon garlic powder
 1 #300 can undrained vegetarian beans (or
 ½ cup dry Great Northern Beans, soaked
 and cooked)

1. Cook pasta; drain and set aside.
2. While pasta is cooking, heat oil in a large saucepan. Add chopped green pepper, chopped onion, and chopped celery. Stir-fry until soft and tender, about 5 minutes.
3. Add spaghetti sauce, water, and garlic powder. Simmer on low heat for 30 minutes.
4. Add beans and drained pasta. Mix and serve.

Optional: top each serving with 1 tablespoon Parmesan cheese for extra Italian flavor.

Makes 6 (1 cup) servings

Recipe provided by Safeway Stores, Inc.

Nutrition Information for each serving of Pasta Fagiola:

Calories	415	Cholesterol	0 mg	Sugar	9 g	Calcium	11 mg
Calories from fat	83	Sodium	734 mg	Protein	12 g	Iron	3.9 mg
Total Fat	9.2 g	Total Carbohydrate	72 g	Vitamin A	154 RE		
Saturated Fat	1.9 g	Dietary Fiber	9 g	Vitamin C	45 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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