

# COMMODITY PASTA HELPERS

## Spaghetti Marinara

Every Sauce Pack is designed to partner with 2 lbs dry Commodity Whole Grain Spaghetti.



### Basic Recipe - 21 servings

1 bag Commodity Helpers Spaghetti Marinara  
 2 lbs DRY Whole Grain Commodity Spaghetti  
 25 oz Tomato Paste and 7 cups Water (for sauce)  
 2.75 lbs Cooked and Drained Ground Beef

1. Prepare 2 lbs Commodity Whole Grain Spaghetti according to manufacturers directions.
2. In a separate sauce pan, combine Spaghetti Marinara mix, Tomato Paste, and Water.
3. Heat until boiling, then reduce heat and simmer for 10 minutes.
4. Drain Spaghetti and toss with finished Spaghetti Sauce and Ground Beef. Serve.

### Bulk Recipe - 210 servings

10 bags Commodity Helpers Spaghetti Marinara  
 20 lbs DRY Whole Grain Commodity Spaghetti  
 2.25 cans (225 oz) Tomato Paste and 17.5 qts Water  
 26.5 lbs Cooked and Drained Ground Beef

1. Prepare as directed above using revised bulk quantities.

**Meal Components Met Per Serving:**  
 2 oz Meat, 1 Bread, 1/2 cup Vegetable

### Nutrition Facts

	Commodity Helpers Spaghetti Marinara, As Packaged		As Prepared	
	(7g)		10.5 oz (294g)	
Serving Size				
Servings Per Container	21.2		21.2	
<b>Amount Per Serving</b>				
<b>Calories</b>		15		340
Calories from Fat		0		90
		<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	0g	0%	10g	15%
Saturated Fat	0g	0%	3.5g	18%
Trans Fat	0g		0.5g	
<b>Cholesterol</b>	0mg	0%	55mg	18%
<b>Sodium</b>	520mg	22%	840mg	35%
<b>Total Carbohydrate</b>	4g	1%	42g	14%
Dietary Fiber	0g	0%	7g	28%
Sugars	2g		7g	
<b>Protein</b>	0g		24g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4				
Vitamin A	0%		10%	
Vitamin C	0%		10%	
Calcium	0%		4%	
Iron	0%		20%	



**Ordering Information:**  
 Item Code: G0312  
 Pack Size: 20 / 5.3 oz bags  
 Servings per Case: 420

Call 800.323.0233 or visit us at [www.gagefoods.com](http://www.gagefoods.com) to place your order!