

FARMER'S MEATBALL GRINDERS



YIELD: 100 servings

SERVING SIZE: 1 sandwich

PREP TIME: 1 hour and 20 minutes

COOK TIME: 1 hour



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Lentils, green, dry	3 lb, 6 ¼ oz	½ gal, ⅓ cup	<p>1. Cook lentils: Rinse lentils and remove any undesirable substances (rocks, dirt). Drain well. Bring water to a boil and add lentils. Reduce heat to a simmer. Cook lentils uncovered until cooked al dente (tender, but firm), about 15-20 minutes. Drain and run under cold water to cool. Yields 1 gallon, 1 cup cooked lentils. Store in the refrigerator until ready to use.</p> <p>CCP: Cool to 70°F or lower within 2 hours and 40°F or lower within 6 hours.</p>
Water		3 gal, 2 cup	
Ground beef, 15% fat	8 lb, 9 ½ oz		<p>2. Prepare meatballs: In a mixer with the paddle attachment, mix ground beef, eggs, ketchup, Italian seasoning, oats, mozzarella cheese, pepper and salt for 5 minutes.</p> <p>CHEF'S NOTE: It is important to slightly overmix the beef mixture to mildly break the proteins in the ground beef to hold the lentils into the meatballs.</p> <p>3. Add lentils and mix until incorporated into the beef mixture.</p> <p>CHEF'S NOTE: At least half of the lentils must be identifiable and not mashed.</p>
Eggs, liquid whole, frozen	7 ¼ oz	4 whole eggs	
Ketchup		1 qt, 2 ¼ cup	
Italian seasoning, dry		3 Tbsp	
Oats, rolled (not quick)	11 oz		
Mozzarella cheese, shredded	3 lb, 2 oz		
Black pepper		2 tsp	
Salt, table		1 Tbsp, 1 ¼ tsp	
Spaghetti sauce, meatless, low sodium, canned		1 ½ gal, 1 cup	<p>4. Preheat oven to 350°F. On sheet pan prepared with parchment paper, make 400 - 1 oz meatballs (#50 scoop, packed). Spot check the weight of each meatball after every 25 meatballs. Each meatball should weigh 1 oz. Bake in the oven for 10-12 minutes, until internal temperature reaches 165°F.</p> <p>5. Place spaghetti sauce in a steamtable pan and cover. Heat in the oven for 25 minutes, or in the steamer for 10 minutes. Heat until internal temperature reaches 145°F.</p> <p>6. Serving: Place 4 meatballs between each roll and top with ¼ cup spaghetti sauce. Serve immediately.</p>
French bread rolls, whole grain-rich (2 oz eq each)		100	

Meal Components per sandwich:

1.5 oz eq Meat/Meat Alternate, 2 oz Grain, and ½ cup Vegetables (¼ cup Legumes, Beans and Peas and ¼ cup Red/Orange vegetable subgroups) OR
2.5 oz eq Meat/Meat Alternate, 2 oz Grain and ¼ cup Red/Orange vegetable subgroup

Approximate nutritional contribution per sandwich:

384 Calories, 11 g Fat, 4 g Saturated Fat, 0 g Trans fat, 40 mg Cholesterol, 684 mg Sodium, 50 g Carbohydrate, 6 g Dietary Fiber, 6 g Sugars, 24 g Protein, 306 IU Vitamin A, 4 mg Vitamin C, 36 mg Calcium, 9 mg Iron.

COOLING: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

*Other pulses may be used in this recipe. For example, other lentil varieties or small red beans may be used instead of green lentils.

