Recipe Name: Meatballs in Asian Sauce   File No:

Grade Group (s): K-8, 9-12	HACCP Process	Recipe Adapted From:
Number of Portions: 50	□ #1 No Cook	
Portion Size: 4 meatballs in sauce	□ #2 Cook & Serve Same Day	Variety of sources
Serving Utensil:	□ #3 Includes Cooling Step	
Servings per Pan:		

Ingredients	Weight	Measure	Procedure
Water, Cold		½ cup	1. Preheat oven to 350°F.
Sauce, Soy, Low Sodium		½ cup	2. In bowl mix water and cornstarch, stir until dissolved.
Cornstarch		½ cup	3. Add ginger, garlic, and pepper.
Ginger, Ground		½ tsp	4. Heat broth and soy sauce to a low boil, slowly stir in cornstarch mixture.
Garlic, Granulated		3 Tbsp	5. Simmer for 3-5 minutes until thickened. Remove from heat once
Pepper, Ground		2 tsp	mixturehas thickened.
Broth, Low Sodium		2 qt	6. Spray at least 2 large hotel pans with pan release spray. Add frozen
Beef Meatballs, WI Pro C402		200 Meatballs	meatballs cover, and cook for approximately 30 minutes, until internal temperature is at least 165°F or higher for at least 15 seconds.
			CCP: Hot hold for service at 135°F or higher.

Meal Component Contribution				Total Yield		Equipment (if not specified in procedures above):
Meat/Meat Alternate: 2 oz eq				Weight:		
Vegetable Subgroups				Number of Pans:		
DG	RO	BPL		Pan Size:		
				Volume:		
S	O	A		Nutrition Analysis Based on Portion Size		
				Calories: 205 kcal		
Fruit:				Saturated Fat (g): 4.21 g		DG - dark green RO - red orange BPL - bean, peas, legumes
Grains:				Sodium (mg): 314.79 mg		S - starchy O - other A - additional
Based on USDA Food Buying Guide-RAW				Calculated using NutriKids		