

ITALIAN BROCCOLI PASTA

Yield 100

Portion 11 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
464 cal	90 g	21 g	4 g	5 mg	1382 mg	278 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	8-1/2 lbs	1 gal 2 qts	9-1/2 lbs
TOMATOES, CANNED, DICED, DRAINED	46-1/4 lbs	5 gal 1 qts	
TOMATO PASTE, CANNED	2-7/8 lbs	1 qts 1 cup	
SUGAR, GRANULATED	10-5/8 oz	1-1/2 cup	
SALT	5-1/8 oz	1/2 cup	
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPER, BLACK, GROUND	1-1/4 oz	1/4 cup 1-2/3 tbsp	
BASIL, DRIED, CRUSHED	1-1/4 oz	1/2 cup	
OREGANO, CRUSHED	1-1/4 oz	1/2 cup	
THYME, GROUND	1/3 oz	2 tbsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1/2"	31 lbs	5 gal 2-1/2 qts	
WATER	83-5/8 lbs	10 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
MACARONI NOODLES, ROTINI, DRY	16-2/3 lbs	4 gal 2 qts	
ONIONS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 2-3/4 cup	1-2/3 lbs
CHEESE, PARMESAN, GRATED	1-1/3 lbs	1 qts 2 cup	

Method

- 1 Spray steam jacketed kettle with non-stick spray. Add onions. Stir well. Cover; cook 10 minutes or until onions are tender, stirring constantly.
- 2 Add tomatoes, tomato paste, sugar, salt, garlic powder, pepper, basil, oregano, and thyme to onions. Bring to a boil; reduce heat; simmer 25 to 30 minutes; stirring occasionally.
- 3 Add broccoli; stir well; return to a simmer; simmer 3 to 5 minutes or until thoroughly heated. Do not overcook. CCP: Hold for service at 140 F. or higher.
- 4 Add salt to water; heat to a rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stir occasionally. Drain. Rinse with warm water; drain thoroughly.
- 5 Each portion: Ladle 1-1/4 cups of tomato-broccoli sauce over 1-1/4 cups rotini. Sprinkle 1 tablespoon green onion and 1 tablespoon parmesan cheese over top of each portion.