Recipe Name: Beef Sausage Lasagna

## Recipe No: Kansas Beef Council

## **Food Based Standardized Recipe Form**

Ingredients	25 Servings		<u>50</u> Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (80%	2-3/4 lb		5 1/2 lb	
lean) Fennel seed	+	4 tsp		8 tsp
Ground coriander		1 tsp		2 tsp
Garlic powder		1 tsp		2 tsp
Paprika		1 tsp		2 tsp
Ground black pepper		1 tsp		2 tsp
Crushed red pepper (optional)		½ - 1 tsp		1-2 tsp
Marinara sauce	4 lb		8 lb	
Canned diced tomatoes	4 lb		8 lb	
Part-skim ricotta cheese	1-1/4 lb		2 ½ lb	
Raw Liquid eggs	6 oz		12 oz	
Frozen chopped spinach, thawed, squeeze dry	1 lb		2 lb	
Whole grain lasagna noodles, oven ready	18 oz		36 oz	
Shredded mozzarella cheese	1 lb		2 lb	
Parmesan cheese (optional)	As needed		As needed	

	Garnish with Parmesan cheese, as desired.
	Serve hot. CCP: Heat to 160°F or higher for 15 seconds. CCP: Hold hot for service at 135°F or higher.
	CCP: Hold at 41°F or below for cold service.
	Components: 2.25 oz eq M/MA; 0.5 oz eq Grains; 0.5 cup Vegetables (Red/Orange Sub-Group)
	Serving Size: 1 slice of lasagna. Cut each hotel pan 3 by 4 (3 across, 4 down) so each pan is ~12 pieces. The other 1 serving can be made from pieces left over.
	HACCP Process 2:  * Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Provides: Yield: 25 servings: Serving Size: 265.0 gm (Weight or Volume

**50 servings:** Serving Size: 265.0 gm (Weight or Volume)

## **Nutrients per Serving**

Calories	306	Dietary Fiber	5.1 gm	Vitamin B12	1.4 mcg
Protein	22.0 gm	Total Sugar (not added sugar)	6.7 gm	Iron	2.8 mg
Carbohydrate	26.0 gm	Cholesterol	50.0 mg	Vitamin B6	0.3 mg
Fat	13.1 gm	Sodium	686.0 mg	Selenium	18.2 mcg
Saturated Fat	5.5 gm	Zinc	3.4 mg	Phosphorus	253.0 mg

A serving of this recipe is an excellent source of protein, dietary fiber, niacin, riboflavin, vitamin B12, selenium, zinc, and phosphorus and a good source of vitamin B6, iron, and potassium.