

Recipe Name: Beef Sausage Lasagna

Recipe Source: Kansas Beef Council

Food Based Standardized Recipe Form

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (80% lean)	2-3/4 lb		5 1/2 lb		<p>Combine fennel seed, coriander, garlic powder, paprika, black pepper and crushed red pepper, as desired, in large bowl; blend well. Add ground beef; mix thoroughly but lightly. Brown beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F.* Stir in marinara and tomatoes. *</p> <p>Combine ricotta cheese, eggs and spinach in large bowl.</p> <p>Preheat oven to 375°F. Using nonstick cooking spray, grease four (2-inch) full-size hotel pans. In each pan, spread 4 cups beef sauce in bottom. Top beef sauce with 4-1/2 ounces noodles, arranged in a single layer, covering the entire pan; press noodles lightly into sauce. Spread one-quarter ricotta mixture over noodles in each pan. Sprinkle each pan with 1-1/2 cups mozzarella cheese. Add second layer of 4-1/2 ounces noodles to pan. Add 4-1/2 cups remaining beef sauce. Sprinkle 1 cup remaining mozzarella. Cover each pan with aluminum foil.</p> <p>Bake until noodles are tender, 30 to 40 minutes or until internal temperature is 165°F. Remove foil and bake until cheese is melted and begins to brown, 5 to 10 minutes. Remove from oven and let stand for 15 minutes.</p>
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)		1/2 - 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 1/2 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.