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Prepared Meals

COOKBOOK

MARINARA SAUCE MC-12005

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MARINARA SAUCE

Marinara sauce is a versatile sauce! You can use the basic marinara sauce mix with pasta, seafood, fish and poultry. You can also give marinara sauce any flavor you want. Add some herbs and spices, or some mustard... and you will have a new sauce ready in minutes!

Marinara Sauce Mix MC-12005

	Recipe for 5 kg
Marinara sauce mix MC-12005	200 g (1¼ cups)
Olive oil	90 g (6 tbsp)
Diced tomatoes	4.8 kg – 6 cans of 796 ml (28 oz.)
All-purpose seasoning 2A2E012	50 g (2 tbsp)
Preparation: 1. Simmer the sauce and puree with a mixer (or leave some chunks if preferred).	
Yield: <ul style="list-style-type: none">• Before cooking: 5.145 kg (11¼ lbs)• After cooking: 5.025 kg (11 lbs)	
Suggestion: Marinara sauce is delicious with pastas, meatballs, meatloaves, cabbage rolls, minced beef, veal, or poultry, etc. You can add a touch of white wine or red wine to modify the recipe. Leaving out the all-purpose seasoning is another way to modify this recipe.	

RECIPES

Marinara Sausages Casserole

Ingredients for the sauce	
Marinara sauce mix MC-12005	68 g (½ cup)
All-purpose seasoning 2A2E012	17 g (1 tbsp)
Diced tomatoes	2 cans of 796 ml (28 oz.)
Olive oil	30 ml (2 tbsp)
Ingredients for the meatballs	
Sausage meat or regular meatballs	1.5 kg (3¼ lbs)
Green, red, and orange peppers	300 g (1½ cups)
Onions	275 g (1 cup)
Canned mushrooms, drained	1 can of 284 ml (10 oz.)
Canola oil	30 ml (2 tbsp)
Preparation:	
<ol style="list-style-type: none"> 1. Prepare the tomato sauce and set it aside. 2. Shape the sausage meat into meatballs and brown them in canola oil. 3. Sweat the vegetables without coloring. 4. Mix together and cook in the oven at 160°C for one hour. 	
Yield:	
<ul style="list-style-type: none"> • Before cooking: 1.7 kg (3¾ lbs) • After cooking: 1.665 kg (3½ lbs) 	

Marinara Meatloaf

Ingredients for the sauce	
Marinara sauce mix MC-12005	68 g (½ cup)
All-purpose seasoning (2A2E012)	17 g (1 tbsp)
Diced tomatoes	2 cans of 796 ml (28 oz.)
Olive oil	30 ml (2 tbsp)
Ingredients for the meatloaf	
Ground pork and beef	1 kg (2¼ lbs)
Caprisiosa breadcrumbs (2A4C073)	100g (¾ cup)
Cold water	200 g (¾ cup)
Minced onions	100 g (½ cup)
Grated carrots	200 g (1 cup)
Preparation:	
<ol style="list-style-type: none"> 1. Prepare the marinara sauce and set it aside. 2. Prepare the vegetables and mix with the meat. 3. Shape the meatloaf. Cook it with half the sauce in the oven at 350°F. 4. When cooked, serve the meatloaf with vegetables, potatoes, and the remaining sauce. 	

These recipes are submitted for guideline purposes only. The authors assume no responsibility for their outcome. It is highly suggested to refer at all time to the label on the seasonings bag.



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