



Total Time  
**40 MIN.**

Serving & Size  
**1 SERVING (1-1/3 CUP BEEF MIXTURE,  
1 CUP PASTA)**

Difficulty  
**EASY**

Yields  
**24**

Tender chunks of beef, fresh vegetables, V8® 100% vegetable juice, and noodles combine to make a delicious dish your patrons will love.

**Nutrition Facts**

Serving Size **1 SERVING (1-1/3 CUP BEEF MIXTURE, 1 CUP PASTA)**

**Amount Per Serving**

**Calories 353**

**% Daily Value**

**Total Fat 9.9g 15%**

**Saturated Fat 2.9g 15%**

**Cholesterol 65mg 22%**

**Sodium 203mg 8%**

**Total Carbohydrate 37.6g 13%**

**Dietary Fiber 3.4g 14%**

**Protein 27g 54%**


Vitamin A 7% Vitamin C 55%

Calcium 5% Iron 18%

**INGREDIENTS**

**WEIGHT**

**MEASURE**

canola oil		33/100 cups
Spanish onion, sliced	2 lb.	1 1/2 qt.
green pepper, sliced	1 lb.	3 cups
red bell pepper, sliced	1 lb.	3 cups
yellow squash, cut diagonally in half, thinly sliced	3 lb.	1 1/2 qt.
garlic, peeled, chopped		1/4 cups
basil leaves		1 tbsp.
dried oregano leaves		1 tbsp.
beef flank steak, julienne sliced, approx. 2 x 1/2 x 1/4-inch	5 lb.	
cornstarch	2 oz.	1/2 cups
 <b>V8® 100% Vegetable Juice</b> , 46 oz container		1 cans
cooked thin spaghetti, drained	5 lb.	24 cups
Parmesan cheese, grated		
black pepper, ground		



**TIP**

Amount of thin spaghetti needed for this recipe is 3 lbs.



### INSTRUCTIONS

1. Heat half of the oil in large sauté pan or tilt skillet. Add onion, green pepper, red pepper, squash, garlic, basil and oregano. Cook and stir until tender-crisp. Remove vegetables.

2. Heat remaining oil. Add beef. Cook and stir until beef just loses its pink color.

3. Stir cornstarch into vegetable juice, mixing well. Gradually stir juice mixture into skillet. Return vegetable mixture to skillet. Cover and cook for 5 minutes until heated through.

CCP: Heat until internal temperature is 165°F. or higher for 15 seconds.

CCP: Hold at 140°F. or higher. Portion using 1 1/3 cups vegetable mixture over 1 cup spaghetti. Serve with cheese and black pepper.