



Total Time
145 MIN.

Difficulty
EASY


Yields
24

Serving & Size
1 SERVINGN (2 CUP PASTA + 1 CUP SAUCE)

A meaty pasta dish that still delivers the serving of vegetables you need. A new take on a classic pasta sauce for a delicious meal.

Nutrition Facts	
Serving Size	1 SERVINGN (2 CUP PASTA + 1 CUP SAUCE)
Amount Per Serving	
Calories 812	
	% Daily Value
Total Fat 35.2g	54%
Saturated Fat 11.2g	56%
Cholesterol 109mg	36%
Sodium 950mg	40%
Total Carbohydrate 78.8g	26%
Dietary Fiber 7.4g	30%
Protein 42.3g	85%
Vitamin A 64%	Vitamin C 96%
Calcium 14%	Iron 25%

INGREDIENTS	WEIGHT	MEASURE
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olive oil, divided		1/2 cups
Spanish onion, minced	5 lb.	3 qt.
carrot, peeled, diced	40 oz.	2 qt.
garlic, peeled, chopped		1/4 cups
crushed red pepper, flakes		1 tsp.
80% lean ground beef	4 lb.	
ground pork	4 lb.	
 V8® 100% Vegetable Juice		1 1/2 gallons
tomato paste		1 cups
fresh parsley, chopped		1 cups
fresh basil leaves, shredded		1 cups
salt		
cooked penne pasta, drained	10 lb.	40 cups
Parmesan cheese, grated	5 oz.	1 1/2 cups

TIP
Amount of penne pasta needed for this recipe is 6 lbs.



INSTRUCTIONS

1. In large rondo heat 1/3 cup oil. Add onion and carrots and sauté 10-12 minutes or until glazed. Add garlic and red pepper flakes and cook 2-3 minutes. Remove vegetables from pan and reserve.
2. Heat remaining oil in the same rondo. Add beef and pork and cook until brown and crumbly, drain mixture to remove excess fat. Add to drained meat mixture reserved onion mixture, V-8 juice and tomato paste and bring to a boil. Reduce heat and simmer sauce 1-1 ½ hours or until rich and thick.
3. Add herbs and season to taste.
4. Toss hot pasta with 3 quarts of hot sauce. When ready to serve top each serving with ½ cup sauce and sprinkle with 1 Tbsp. Parmesan cheese.