



# Spaghetti and Adda Veggie Carrot Ragu

Spaghetti and plant-based ragu sauce that is made with Adda Veggie Original Blend and shredded carrots.

### NSLP/SBP CREDITING INFORMATION

**1 cup (one 8 fl oz spoodle) provides: 2 oz MMA, ½ cup red/orange vegetable, and 1.5 oz equivalent grains.**

[Link to video tutorial](#)

24 servings		
INGREDIENTS	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Original Blend)	0.66 lb	1 bag
Fresh carrots, shredded *	2.2 lb	
OR		
Crimini mushrooms, ¼" chopped	2.1 lb	
OR		
Riced cauliflower **	1.8 lb	
Low-sodium marinara sauce		9 cups
Olive oil		1 cup
Water		2 cups
Whole wheat spaghetti, uncooked	2.25 lb	
(optional) Basil, fresh	0.9 oz	48 leaves

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Line 1 sheet pan with parchment paper.
3	Heat water to boiling in a large pot. Add pasta. Cook until al dente, according to package directions. Drain well. Set aside. Optional: reserve 16 oz of pasta water for the sauce.
4	In a large mixing bowl, add full bag of Adda Veggie Protein Crumbles and soak in 2.5 cups of water for 5 minutes, stirring halfway.
5	Stir in Adda Mix and mix well.
6	Mix shredded carrots into prepared mix.
7	Add 1 cup of cooking oil to the prepared mix. Stir until evenly mixed.
8	Spread the mix out evenly on the lined baking sheet.
9	Bake for 10 minutes. Ground crumble will appear slightly browned when ready.
10	Add marinara sauce to a stock pot with optional 16 oz of pasta water and simmer for 5 minutes. Remove from heat.
11	Fold cooked Adda Veggie crumble into sauce.
12	Add cooked pasta to sauce and mix to incorporate.
13	Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray.
14	Portion ragu onto plates with one 8 fl oz spoodle (1 cup). Garnish with optional basil leaf.
Critical Control Point: Hold for hot service at 135°F or higher.	

\* If using coarse pre-shredded carrots, steam carrots for 10-15 minutes, until tender.

\*\* If using pre-packaged riced cauliflower (fresh or frozen), steam riced cauliflower for 10 minutes, until tender. Bake crumble for 15 minutes in step 9.



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## NUTRITION INFORMATION

For 1 cup pasta (one 8 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>380</b>
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<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>450 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars	0 g
<b>Protein</b>	<b>20 g</b>
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Vitamin A	560 mcg
Vitamin D	0 mcg
Calcium	130 mg
Iron	4.6 mg
Potassium	720 mg

## NOTES

\* If using whole fresh carrots (without tops), use 2.9 lb raw carrots before trimming, peeling and shredding.

Cooking Process #2: Same-Day Service.

## YIELD / VOLUME

About 14 lb pasta with ragu sauce  
About 2 gal 1qt / 1 steam table pan (12" x 20" x 4")