

Italian Sausage Skillet - 1851

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.67 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1			0.00 lb	0%	0.00 lb Hungry Planet Italian Sausage™	Season the Hungry Planet Italian Sausage with salt and pepper. Pinch off onto a sheet pan sprayed with pan spray and bake for 15 minutes on 425°F.		
		9 1/3 tbsp	0 lb 4.46 oz	0%	0 lb 4.46 oz Olive oil, extra virgin			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2			0 lb 15.62 oz	0%	0 lb 15.62 oz Squash, zucchini, medium, thinly sliced	While Italian Sausage is cooking in the oven, in a large skillet, heat olive oil until lightly smoking. Add onions and green peppers and sauté for 3 minutes. Add garlic and cook for another minute. Add zucchini and saute for 2-3 minutes. Add tomato sauce, crushed red pepper flakes, and Italian seasoning. Turn heat down and let simmer for 12 minutes.		
		3.1 ea	0 lb 12.13 oz	0%	0 lb 12.13 oz Onion, yellow, medium, diced			
		~ 1 1/2 qt	2 lb 0.85 oz	0%	2 lb 0.85 oz Peppers, green bell, chopped			
			0.00 lb	0%	0.00 lb Garlic, raw, chopped			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3			9 lb 6.00 oz	0%	9 lb 6.00 oz Tomato sauce	Stir in cooked pasta and sausage. Return to a simmer for 1 minute and serve hot.		
		~ 2 tbsp	0 lb 0.22 oz	0%	0 lb 0.22 oz Seasoning, Italian			
		12 1/2 tsp	0 lb 0.71 oz	0%	0 lb 0.71 oz Red pepper flakes			
			3 lb 2.00 oz	0%	3 lb 2.00 oz Pasta, cooked, unenriched, with added salt			
		37.5 ea	0 lb 0.75 oz	0%	0 lb 0.75 oz Basil leaves, fresh			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 10.74 oz	0 %	16 lb 10.74 oz	0 %	16 lb 10.74 oz
Size of portion	10.67 oz		10.67 oz		10.67 oz

ADDITIONAL INFO

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