



RICE, WHITE, ENRICHED, LONG GRAIN

Date: October 2012 Code: 100491, 100492

PRODUCT DESCRIPTION

- Long grain white rice is U.S. No. 2 or better. It has added iron, thiamin, niacin, riboflavin, and folic acid, and may also have added vitamin D and calcium.

PACK/YIELD

- Long grain rice is packed in a 2-pound package, which is about 14 servings (½ cup each) of cooked rice.
- 100491: 2-pound packages
- 100492: 2-pound packages

STORAGE

- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Bring 2 cups water to a boil in a medium pot.
- Add 1 cup long grain rice. Bring to boil again.
- Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
- Fluff with a fork before serving.
- 1 cup of dry rice will make about 3 cups cooked rice.

USES AND TIPS

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Long grain rice is best used in recipes for soups, casseroles, stews, and pilaf.
- Rice can be used in dessert recipes, such as puddings or breads.

NUTRITION INFORMATION

- ½ cup of cooked long grain rice counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (79g) enriched long grain white rice, cooked

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **9%**

Dietary Fiber 0.5g **1%**

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

RICE WITH CHEESE AND VEGETABLES

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 cups long grain white rice, uncooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 tablespoon vinegar
- 1 chicken bouillon cube
- 1 can (about 15 ounces) low-sodium green beans, drained

- 1 can (about 15 ounces) carrots, drained
- ¼ pound reduced-fat cheddar cheese, shredded

Directions

1. Cook rice according to package directions.
2. In a large skillet over medium heat, cook onion and green pepper in the oil until soft. Stir in garlic powder and black pepper.
3. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture. Cook until warm.
4. Spoon rice into vegetable mixture, mix well, and top with cheese.

Nutritional Information for 1 serving (about 1 cup) of Rice with Cheese and Vegetables							
Calories	260	Cholesterol	10 mg	Sugar	2 g	Vitamin C	16 mg
Calories from Fat	40	Sodium	196 mg	Protein	7 g	Calcium	157 mg
Total Fat	5 g	Total Carbohydrate	44 g	Vitamin A	227 RAE	Iron	3 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook

CHICKEN RICE SOUP

MAKES ABOUT 8 SERVINGS

Ingredients

- 5 celery stalks, chopped
- 1 medium onion, chopped
- 1 ½ cups carrots, peeled and chopped
- 1 chicken bouillon cube
- 1 teaspoon black pepper
- 4 cups water
- 1 cup long grain white rice, uncooked
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) low-sodium green beans, drained

Directions

1. In a large pot over medium-high heat, combine the celery, onion, carrots, bouillon, black pepper, and water. Bring to a boil, reduce heat to medium, and cook 30 minutes.
2. In a separate pot, cook rice according to package directions.
3. Stir cooked rice, chicken, and green beans into soup pot, and cook 5 minutes.

Nutritional Information for 1 serving (about 1 cup) of Chicken Rice Soup							
Calories	180	Cholesterol	20 mg	Sugar	3 g	Vitamin C	17 mg
Calories from Fat	30	Sodium	344 mg	Protein	11 g	Calcium	40 mg
Total Fat	3 g	Total Carbohydrate	26 g	Vitamin A	215 RAE	Iron	2 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe adapted from Commodity Supplemental Food Program Cookbook