

# Whole Grain Spanish Rice

**Makes:** 400 servings

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Ingredients	Weight	Measure
Onions, raw		2 cups, chopped
Peppers, sweet, green, raw		2 cups, chopped
Peppers, sweet, red, raw		2 cups, chopped
Rice, Brown, Long-grain, raw		8 qt
Water, Municipal		16 qt
Base, Chicken, Dry	1 lb	
Tomato Products, CND, Paste, WO/Salt		6 cups
Onion powder		6 Tbsp
Garlic powder		3 Tbsp
Salt, table		4 Tbsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>62</b>	
Total Fat	0.59 g	
Protein	1.52 g	
Carbohydrates	12.69 g	
Dietary Fiber	0.75 g	
Saturated Fat	0.13 g	
Sodium	210 mg	

## Directions

1. Preheat oven to 300 degrees and chop peppers and onions, then set aside.
2. In a 2 full size 4" hotel pans, combine 4 quarts of rice &

8 quarts of water in each pan. Mix together.

3. Stir 3 cups tomato paste, 8 oz. chicken base, 3 T. onion powder, 3 T. garlic powder, and 1 T. of salt into each pan. Mix well.

4. Add 1 cup of chopped red peppers, green peppers, and diced onions to each pan. Mix well.

5. Cover and place in a 300 degree F oven for 2 hours. Stir after one hour.

6. Serve 1/2 cup portions.