

Spanish Rice

Meal Components: Red / Orange, Grains

Breads, B-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		1/4 cup	1. Heat oil. Add onions, green peppers, and celery. Cook for 5 minutes
*Fresh onions, chopped	7 1/2 oz	1 1/4 cups	15 oz	2 1/2 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 1/2 oz	1/2 cup	3 oz	1 cup	
*Fresh green pepper, chopped	6 oz	1 1/4 cups	12 oz	2 1/2 cups	
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt	
Beef stock, non-MSG or water		1 qt 2 cups		3 qt	2. Add beef stock or water and seasonings. Bring to boil
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	

Brown rice, long grain, regular	1 lb 11 oz	1 qt	3 lb 6 oz	2 qt	3. Stir in rice, salt, and pepper. Return to boil. Boil for 5 minutes. Reduce heat and cover tightly. Cook over low heat for 10 minutes. CCP: Heat to 135° F or higher for at least 15 seconds.
OR	OR	OR	OR	OR	
Brown rice, long grain, parboiled	1 lb 13 oz	1 qt 3/4 cup	3 lb 10 oz	2 qt 1 1/2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned low-sodium added diced tomatoes, with juice	1 lb 3 1/2 oz	1 3/4 cups	2 lb 7 oz	3 1/2 cups	4. Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour 8 lb (about 1 gallon 3/4 cup) into a steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan.
Canned low-sodium added tomato paste	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp	
Water		1 cup		2 cups	5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (? cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasonings Mixes) may be used to replace these ingredients. For 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	8 oz	1 lb
Celery	10 oz	1 lb 4 oz

Serving	Yield	Volume
1/3 cup (No. 12 scoop) provides 1/8 cup other vegetable, and 1/2 oz equivalent grains.	<p>50 Servings: about 8 lb</p> <p>100 Servings: about 16 lb</p>	<p>50 Servings: about 1 gallon ¾ cup 1 steamtable pan</p> <p>100 Servings: about 2 gallons 1 ½ cups 2 steamtable pans</p>

Nutrients Per Serving

Calories	69	Saturated Fat	0.15 g	Calcium	14 mg
Protein	1.58 g	Cholesterol	0 mg	Sodium	134 mg
Carbohydrate	13.69 g	Vitamin A	266 IU	Dietary Fiber	0.7 g
Total Fat	0.84 g	Iron	0.78 mg		