

# Cooking Rice - USDA Recipe B30

Meal Components: Grains

B03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium vegetable broth		1 qt 2 cups		3 qt	1. Boil broth.
Water		1 qt 2 cups		3 qt	
Salt		1 tsp		2 tsp	2. Add salt and garlic.
Garlic, minced		2 Tbsp		1/4 cup	
Brown rice, long-grain, regular, dry, parboiled	1 lb 13 oz	1 qt 1/2 cup	3 lb 10 oz	2 qt 1 cup	3. Place 1 qt 1/2 cup brown rice (1 lb 13 oz) in each steam table pan (12" x 20" x 2 1/2").
Brown rice, medium-grain, regular, dry	1 lb 14 oz	1 qt	3 lb 12 oz	2 qt	
Brown rice, long-grain, regular, dry	1 lb 11 oz	1 qt 1/8 cup	3 lb 6 oz	2 qt 1/4 cup	
					4. Pour boiling broth (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					5. Bake:
					6. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.

8. Critical Control Point: Hold for hot service at 140 °F or higher.

9. Portion with No. 8 scoop (1/2 cup).

Variation: Fresh cilantro, finely chopped 1 oz 1 3/4 cups 2 oz 3 1/2 cups

10. Variation: Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.

Fresh limes, cut in half 2 each 4 each

Variation: Ground turmeric 2 tsp 1 Tbsp 1 tsp

11. Variation: Add turmeric to step 2.

**Notes**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Serving**

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 serving grains/breads.

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 4 lb 2 oz	<b>25 Servings:</b> about 2 quarts 1/4 cup / 1 steam table pan (12" x 20" x 2 1/2")
	<b>50 Servings:</b> about 8 lb 4 oz	<b>50 Servings:</b> about 1 gallon 1/2 cup / 2 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving				
Calories	125	Saturated Fat	Iron	2 mg
Protein	4 g	Cholesterol	Calcium	30 mg
Carbohydrate	30 g	Vitamin A	Sodium	133 mg
Total Fat	1 g	Vitamin C	Dietary Fiber	3 g