

ARROZ CON QUESO



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, ¾ oz. eq. whole grain, ¼ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #2139	4 pounds + 8 ounces
Water, Municipal, Mississippi	1 gallons + 2 cups
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800	1 #10 cans + 3 1/2 cups
Onions, Frozen, Diced, #1610	1 quart + 2 cups
Peppers, Green, Diced, Frozen, #1613	1 quart + 1 cup
Peppers, Jalapeño, Sliced, #2810	1 cup
Garlic Powder, #2709	2 tablespoons + 2 teaspoons
Yogurt, Low Fat. Plain, Bulk, #1325	3 quarts
Milk, Reduced Fat, 2% Milkfat, Bulk	2 quarts + 2 cups
Salt, Table, #2723	1 tablespoon + 1 teaspoon
Cheese, Mozzarella, Shredded, USDA	4 pounds
Cheese, American, Grated/Shredded, USDA	3 pounds
Tomatoes, Whole, Red, Ripe, Raw, #4110	3 pounds
Cheese, American, Grated/Shredded, USDA	4 pounds

DIRECTIONS

1. Thaw the onions and peppers in the refrigerator overnight.
2. **COOK RICE:**
 - Boil the water in steam jacketed kettle, braising pan, or stockpot.
 - Place 2 pounds and 4 ounces of brown rice in each steamtable pan (12" x 20" x 4") that has been sprayed with food release spray. Use two pans for 100 servings.
 - Add 2 quarts and 1 cups of hot water to each pan and mix gently.
 - Follow the instructions for steamer or combi-oven. Steam the rice for approximately 45 minutes, or until rice is tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. If needed, add more water.
 - At end of cooking time, fluff the rice with a fork or spoon.
 - **ALTERNATE COOKING INSTRUCTIONS:** Each pan of rice and water can also be covered with aluminum foil and baked in a convection oven at 350 degrees F for 45 to 50 minutes. At the end of the cooking time, fluff the rice with a fork or spoon.

Rice amounts are based on the USDA Food Buying Guide.

Overcooking or hot holding rice for long periods of time will increase the volume and yield.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

3. Drain and rinse the black beans.

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DIRECTIONS

4. For 100 servings, combine the black beans, onions, peppers with the jalapenos, garlic powder, yogurt , milk, salt, 4 pounds of shredded mozzarella cheese, and 3 pounds of American cheese.
Add this mixture to the rice and mix gently to combine.
5. Spread 2 quarts and 2 cups of the Arroz con Queso in each 12 " x 20" x 2½ " steam table pan.
6. To Bake:
Conventional oven: 350 degrees F, 40 minutes.
Convection oven: 325 degrees F, 35 minutes.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
7. Rinse the tomatoes under cool, running water, then drain them thoroughly. Core and dice tomatoes in ½ inch pieces.
8. Remove the casserole from the oven and sprinkle 3 cups of chopped tomatoes and 1 quart and 1 cup of American cheese over top of each steamtable pan and bake for 5 minutes until cheese is melted.
9. Cut each pan 5 x 5 (25 portions per pan) or portion with #8 scoop (½ cup serving).
10. Each ½ cup serving provides 2 oz. eq. meat/meat alternate, ¾ oz. eq. whole grain, and ¼ cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Do not overcook rice because this increases the volume.

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for entrées.

NUTRIENTS PER SERVING

Calories	312	Dietary Fiber	4.45 g	Sodium	741.45 mg	Sat. Fat	8.98 g
Carbohydrates	29.59 g	Protein	18.59 g	Total Fat	13.26 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF ARROZ CON QUESO

1.



Combining black bean mixture with rice

2.



Baked Arroz con Queso in a sheetpan

3.



1 serving of Arroz con Queso