

SPANISH RICE-USDA FOODS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Bell Peppers, Green, Whole, Fresh, #4104	1 1/4 cups
Onions, Frozen, Diced, #1610	1 cup
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Rice, Long Grain, Brown, Parboiled, #2139	3 pounds + 4 ounces
Pimentos, Diced, Canned, #2817	1 cup
Salsa, Bulk, #A237-USDA Foods	3/4 cup
Base, Chicken, Low Sodium, #2501	1/2 cup
Paprika, Ground, Domestic, #2716	1 teaspoon
Onion Powder, #2714	1/3 cup + 2 teaspoons
Pepper, Black, Ground, #2718	1 teaspoon
Water, Municipal, Mississippi	2 quarts + 2 cups

DIRECTIONS

1. Steam the green peppers and onions until the vegetables are tender, for about 5 to 10 minutes. Reserve for step 3.
 2. Add 3 pounds and 4 ounces of brown rice to each steamtable pans (12" x 20" x 4") that has been sprayed with food release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
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 the yield.
 3. Combine the diced pimentos, salsa, chicken base, paprika, onion powder, and black pepper. Then add the green peppers and onions to the salsa mixture and mix well to combine.
 4. Divide salsa mixture evenly among pans of rice.
 5. Add 2½ quarts of hot water to each pan. Cover the pans and place them in steamer.
Follow the instructions for steamer or combi-oven. Steam 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.
Batch cook for best results.
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.
- 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.
6. Serve the rice immediately, or cover the pans and place them in warmer until ready for service.
CCP: Cover and hold for service at 135 degrees F or higher

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DIRECTIONS

7. Portion rice with #8 scoop (½ cup) per serving. Each portion provides 1 oz. eq. whole grain.

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

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: Pasta, Rice and Grains" provides seasoning and serving ideas for rice.

NUTRIENTS PER SERVING

Calories	123	Dietary Fiber	1.13 g	Sodium	70.20 mg	Sat. Fat	0.25 g
Carbohydrates	25.14 g	Protein	3.34 g	Total Fat	1.12 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF SPANISH RICE-USDA FOODS

1.



Salsa mixture added to the rice.

2.



1 serving of Spanish Rice