BROCCOLI, CHEESE & RICE CASSEROLE

MEAL COMPONENT CONTRIBUTION:
½ oz. eq. meat/meat alternate, ½ oz. eq. whole grain, ½ cup dark green vegetable
NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2/3 cup
RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	5 second spray
Rice, Long Grain,Brown, Parboiled, #2139	1 pound + 10 ounces
Water, Hot, Municipal	1 quart + 2 cups
Salt, Table, #2723	1 teaspoon
Bun, Hamburger, WGR, #1228	7 buns
Broccoli, Florets, Frozen, #1601	7 pounds + 4 ounces
Soup, Cream of Mushroom, Low Sodium, #2513	1 quart + 2 1/2 cups
Milk, Reduced Fat, 2% Milkfat, Bulk	1 pint + 1 cup
Cheese, American, Grated/Shredded, #1306	1 pound + 9 ounces
Onions, Chopped, Dehydrated, #2738	1/4 cup
Garlic Powder, #2709	2 teaspoons
Pepper, Black, Ground, #2718	1 teaspoon
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Margarine, Bulk, #1319	2 ounces

DIRECTIONS

1. Thaw the broccoli in the refrigerator overnight. Drain it well before using.
2. If the rice has not been prepared, spray 12" x 20" x 4" deep steamtable pan with food release spray, then place the brown rice in the steamtable pans. Add 1 quart and 1 cup of hot water to the pan. Add 1 teaspoon of salt to each pan and mix. Steam for approximately 45 minutes or until the rice is tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed, add more water. See recipe MRS 1341, Rice, for detailed directions of this recipe.

   CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
3. If the breadcrumbs have not been prepared, half the hamburger buns and then toast in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool the hamburger buns before preparing crumbs. Break the bread into pieces and place them in a food processor or appropriate grinder. Process the bread until desired crumb size is obtained. See recipe MRS 1303, Whole Wheat Bread Crumbs, for detailed directions and photographs of this recipe.
4. Combine the cooked rice, thawed broccoli, mushroom soup, milk, cheese, onions, garlic powder, and black pepper in a large bowl.
5. Pour 4 quarts and 1 cup of the mixture into each full-size steamtable pan (12' x 20" x 2½"), which has been lightly coated with pan release spray. For 50 servings, use 2 steamtable pans.

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DIRECTIONS

6. To prepare the topping:
   - Melt the margarine and combine it with the breadcrumbs.
   - Mix them to coat bread crumbs well.

   Sprinkle the breadcrumbs evenly over each pan, approximately 2 cups per pan.
7. To bake:
   - Conventional Oven: 350 degrees F for 30 minutes.
   - Convection Oven: 300 degrees F for 20 minutes.

   CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
8. Serve it immediately, or cover it and place in a warmer until ready for service.

   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
9. Portion with a #6 scoop (2/3 cup) per serving. Each portion provides ½ oz. eq. of meat/meat alternate, ½ oz. eq. whole grain, and ½ cup dark green vegetable.

   CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. 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 or Department of Defense (DOD) foods 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: Preparing Vegetables“ provides seasoning and serving ideas for vegetables.

Fresh or chopped onions may be used inested of dehyrated onions. The nutrient analysis will have to be re-calculated if other ingredients are substituted.

NUTRIENTS PER SERVING

Calories	187	Dietary Fiber	2.71 g	Sodium	423.00 mg	Sat. Fat	4.01 g
Carbohydrates	22.91 g	Protein	7.74 g	Total Fat	7.40 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF BROCCOLI, CHEESE AND RICE CASSEROLE

1.

Combining the rice, broccoli, soup, milk, cheese, onions, garlic powder, and pepper

2.

The rice mixture in a steamtable pan

3.

Cooked Broccoli, Cheese and Rice Casserole in a steamtable pan

4.

1 serving of Broccoli, Cheese and Rice Casserole