

FIESTA RICE

WHOLE GRAINS : VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain, 1/8 cup other vegetable

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

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #2139	3 pounds + 4 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Spice Blend MS, Southwest, No Salt, #2735	3 tablespoons + 1 teaspoon
Salt, Table, #2723	1 tablespoon
Sauce, Tomato, #10 Can, #2826	1 quart + 1 cup
Broth, Chicken, Low Sodium, #2510	1 gallon + 1 quart
Oil, Vegetable, #2507	1/4 cup
Peppers, Green, Diced, Frozen, #1613	3 1/3 cups
Onions, Frozen, Diced, #1610	3 1/3 cups

DIRECTIONS

- Place 3 pounds and 4 ounces of brown parboiled rice in a 4 - inch full-size steamtable pan that has been sprayed with pan release spray.
Set aside until step 3.
- Heat the chicken stock to boiling, then add the Southwest Spice Blend, salt, and tomato sauce.
- Combine the chicken stock mixture with the rice in the pan and stir well to combine. Cover the pans with aluminum foil.
- 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 chicken stock absorption. If additional liquid is needed, add 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 chicken stock 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.
- Heat the oil in a braising pan, steam jacketed kettle or stockpot. Sauté the thawed, drained peppers and onions in the oil until they are tender.
- Combine the sautéed green peppers and onion with rice and steam or bake for an additional 5 to 10 minutes.
- 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.

FIESTA RICE

DIRECTIONS

- 8. Portion using a #8 scoop (½ cup) per serving. Each portion provides 1 oz. eq. whole grain and 1/8 cup other vegetable.

CCP: Hold and maintain the 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

If using frozen peppers and onions, thaw and drain liquid before cooking.

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	133	Dietary Fiber	1.52 g	Sodium	510.00 mg	Sat. Fat	0.24 g
Carbohydrates	25.90 g	Protein	3.37 g	Total Fat	1.77 g	Trans Fat	0.00 g

ILLUSTRATED PRESENTATION OF FIESTA RICE



Chicken stock, spice blend, salt, tomato sauce added to rice.



1 serving of Fiesta Rice