

Ground Beef and Spanish Rice

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	15 oz OR 2 ¾ oz	2 ½ cups OR 1 ¼ cups 2 Tbsp	1 lb 14 oz OR 5 ½ oz	1 qt 1 cup OR 2 ¾ cups	2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.
*Fresh green pepper, chopped	12 oz	2 ¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
Beef stock, non-MSG or water		3 qt 3 cups		1 gal 3 ½ qt	3. Add beef stock or water, tomatoes, tomato paste, seasonings, salt, and pepper. Bring to boil.
Canned diced tomatoes, with juice	2 lb 7 oz	1 qt ¾ cup (⅓ No. 10 can plus 1 cup)	4 lb 13 oz	2 qt 1 ½ cups (¾ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 cup	6 lb 12 oz OR 7 lb 4 oz	1 gal OR 1 gal 2 cups	4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Pour 10 lb 9 oz (1 gallon ½ cup) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (¾ cup).

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Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Green peppers	15 oz	1 lb 14 oz

SERVING:

¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

YIELD:

50 Servings: about 21 lb 2 oz

100 Servings: about 42 lb 4 oz

VOLUME:

50 Servings: about 2 gallons 1 cup

100 Servings: about 4 gallons 2 cups

Tested 2004

Nutrients Per Serving

Calories	282	Saturated Fat	4.44 g	Iron	3.10 mg
Protein	18.57 g	Cholesterol	51 mg	Calcium	41 mg
Carbohydrate	27.05 g	Vitamin A	519 IU	Sodium	288 mg
Total Fat	10.54 g	Vitamin C	11.8 mg	Dietary Fiber	1.2 g