

Arroz con Queso (Rice with Cheese)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, parboiled	2 lb 13 oz OR 2 lb 11 oz	1 qt 2 ½ cups OR 1 qt 2 ¾ cups	5 lb 10 oz OR 5 lb 6 oz	3 qt 1 cup OR 3 qt 1 ½ cups	1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
Water		3 ½ cups		1 qt 3 cups	
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 1 qt ½ cup	
Canned, chopped mild green chilies	12 oz	1 ¼ cups 2 Tbsp	1 lb 8 oz	2 ¾ cups	2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional Oven: 350° F for 35 minutes Convection Oven: 325° F for 30 minutes CCP: Heat to 140° F or higher.
Canned jalapeno peppers, drained, chopped	4 oz	½ cup	8 oz	1 cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Lowfat plain yogurt	3 lb	1 qt 1 ½ cups	6 lb	2 qt 3 cups	
Lowfat 1% milk		1 qt 1 cup		2 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Reduced fat Monterey Jack cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tip)	4 lb 4 oz OR 4 lb 4 oz	2 qt 1 ¼ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 8 oz OR 3 lb 10 oz	1 gal 2 ½ cups (2 No. 10 cans) OR 1 gal 2 ½ cups	

Arroz con Queso (Rice with Cheese)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

*Fresh tomatoes, diced OR Canned diced tomatoes	1 lb 8 oz OR 1 lb 14 oz	3 ¾ cups OR 3 ¾ cups (1 No. 2 ½ can)	3 lb OR 3 lb 12 oz	1 qt 3 ¼ cups OR 1 qt 2 ¾ cups (2 No. 2 ½ cans)	3. Sprinkle 12 oz (1 ¾ cups 2 Tbsp) of diced tomatoes and 9 ½ oz (2 ¼ cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted.
Reduced fat Cheddar cheese, shredded	1 lb 3 oz	1 qt ¾ cup	2 lb 6 oz	2 qt 1 ½ cups	
4. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).					

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz
Dry pinto beans	1 lb 13 oz	3 lb 10 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¾ serving of grains/breads OR ½ cup (No. 8 scoop) provides 1 oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¾ serving of grains/breads.	50 Servings: about 19 lb 8 oz 100 Servings: about 39 lb	50 Servings: about 1 gallon 2 ¼ quarts 100 Servings: about 3 gallons 2 cups

Tested 2004

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Arroz con Queso (Rice with Cheese)

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.
Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.
CCP: Hold for hot service at 135° F.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked beans.

Nutrients Per Serving					
Calories	248	Saturated Fat	4.11 g	Iron	2.16 mg
Protein	14.61 g	Cholesterol	20 mg	Calcium	352 mg
Carbohydrate	32.13 g	Vitamin A	415 IU	Sodium	543 mg
Total Fat	6.72 g	Vitamin C	6.5 mg	Dietary Fiber	2.1 g