

Broccoli, Cheese, and Rice Casserole

Meat/Meat Alternate-Vegetable-Grains/Breads

Vegetables

I-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked enriched white rice	2 lb 3 oz	1 qt 2 ¼ cups	4 lb 6 oz	3 qt ½ cup	1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).
Frozen chopped broccoli, thawed, drained	5 lb	3 qt 2 ½ cups	10 lb	1 gal 3 ¼ qt	
Canned condensed cream of mushroom soup	1 lb 9 oz	3 ¼ cups (½ No. 3 cyl can)	3 lb 2 oz	1 qt 2 ½ cups (1 No. 3 cyl can)	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Dried oregano (optional)		1 ½ tsp		1 Tbsp	
					2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Margarine or butter, melted (optional)	2 oz	¼ cup	4 oz	½ cup	3. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ¾ cups) crumbs evenly over each pan.
Enriched dry bread crumbs (optional)	6 oz	1 ½ cups 2 Tbsp	12 oz	3 ¼ cups	4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes DO NOT OVERBAKE. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds.

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5. CCP: Hold for hot service at 135° F or higher.
Portion with No. 12 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Enriched white rice long grain, regular	15 oz	1 lb 14 oz
Mature onions	10 oz	1 lb 4 oz

SERVING:

⅓ cup (No. 12 scoop) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

YIELD:

50 Servings: about 12 lb 5 oz
2 steamtable pans

100 Servings: about 24 lb 10 oz
4 steamtable pans

VOLUME:

50 Servings: about 1 gallon ½ cup

100 Servings: about 2 gallons 1 cup

Tested 2004

Nutrients Per Serving

Calories	137	Saturated Fat	1.92 g	Iron	1.04 mg
Protein	7.02 g	Cholesterol	8 mg	Calcium	156 mg
Carbohydrate	19.91 g	Vitamin A	979 IU	Sodium	390 mg
Total Fat	3.44 g	Vitamin C	23.5 mg	Dietary Fiber	1.6 g