

Spanish Rice

Vegetable-Grains/Breads

Grains/Breads

B-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		¼ cup	1. Heat oil. Add onions, green peppers, and celery. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	7 ½ oz OR 1 ½ oz	1 ¼ cups OR ½ cup	15 oz OR 3 oz	2 ½ cups OR 1 cup	
*Fresh green pepper, chopped	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt	
Beef stock, non-MSG or water		1 qt 2 cups		3 qt	2. Add beef stock or water and seasonings. Bring to boil.
†Seasonings Chili powder Ground cumin Paprika Onion powder		1 Tbsp 2 ¼ tsp ¾ tsp ¾ tsp		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 11 oz OR 1 lb 13 oz	1 qt OR 1 qt ¾ cup	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 ½ cups	3. Stir in rice, salt, and pepper. Return to boil. Boil for 5 minutes. Reduce heat and cover tightly. Cook over low heat for 10 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned diced tomatoes, with juice	1 lb 3 ½ oz	1 ¾ cups	2 lb 7 oz	3 ½ cups	4. Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour 8 lb (about 1 gallon ¾ cup) into a steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned tomato paste	7 oz	¾ cup 1 Tbsp	14 oz	1 ½ cups 2 Tbsp	
Water		1 cup		2 cups	
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

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Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasonings Mixes) may be used to replace these ingredients. For 50 servings, use 2 Tbsp 1 tsp Mexican Seasoning Mix. For 100 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	8 oz	1 lb
Celery	10 oz	1 lb 4 oz

SERVING:

½ cup (No. 12 scoop) provides ⅛ cup of vegetable and ½ serving of grains/breads.

YIELD:

50 Servings: about 8 lb

100 Servings: about 16 lb

VOLUME:

50 Servings: about 1 gallon ¾ cup
1 steamtable pan

100 Servings: about 2 gallons 1 ½ cups
2 steamtable pans

Tested 2004

Nutrients Per Serving

Calories	69	Saturated Fat	0.15 g	Iron	0.78 mg
Protein	1.58 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	13.69 g	Vitamin A	266 IU	Sodium	134 mg
Total Fat	0.84 g	Vitamin C	6.7 mg	Dietary Fiber	0.7 g