



Arroz Con Queso (Rice With Cheese) USDA Recipe for CACFP

Arroz Con Queso (Rice With Cheese) consists of brown rice, pinto beans, and low-fat cheddar cheese blended to create a creamy comfort food.

CACFP CREDITING INFORMATION

3/4 cup (6 fl oz spoodle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, 1/4 cup vegetable, and 0.5 oz equivalent grains.

OR

Legume as Vegetable: 0.5 oz equivalent meat alternate, 3/8 cup vegetable, and 0.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 2 cups		3 qt	1 Boil water.
Brown rice, long-grain, regular, dry, parboiled	1 lb	2½ cups 1 Tbsp	2 lb	1 qt 1 cup 2 Tbsp	2 Place 2½ cups 1 Tbsp brown rice (1 lb) in each steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3 Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					5 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Set aside for step 11.
*Fresh green onions, diced		3 Tbsp 1/3 tsp	2 oz	1/4 cup 2 Tbsp 2/3 tsp	9 Combine onions, jalapeños, peppers, corn, chilies, pinto beans, sour cream, milk, half of the cheese, cilantro, flour, minced garlic, ancho chili powder, garlic powder, salt, and sugar in a large bowl. Stir well.
*Fresh yellow onions, chopped	12 oz	2 1/3 cups 2 tsp	1 lb 8 oz	1 qt 2/3 cup 1 Tbsp 1 tsp	
*Fresh jalapeño peppers, chopped	2 oz	1/2 cup	4 oz	1 cup	
*Fresh red bell peppers, diced	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups	
Frozen corn, thawed, drained	12 oz	2 cup 1 Tbsp 1 tsp	1 lb 8 oz	1 qt 2 Tbsp 2 tsp	
Canned green chilies, mild, chopped	6 oz	1 cup 1 Tbsp 1/3 tsp (approx. 1/8 No. 10 can)	12 oz	2 cups 2 Tbsp 2/3 tsp (approx. 1/4 No. 10 can)	
Canned low-sodium pinto beans, drained, rinsed	2 lb 2 oz	1 qt 3/4 cup (approx. 1/2 No. 10 can)	4 lb 4 oz	2 qt 1 1/2 cups (approx. 1 No. 10 can)	
OR Dry pinto beans, cooked (see Notes)	2 lb 2 oz	1 qt 3/4 cup	4 lb 4 oz	2 qt 1 1/2 cups	
Nonfat sour cream	1 lb 6 oz	2 cups 2 Tbsp 1 tsp	2 lb 12 oz	1 qt 1/4 cup 2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat (1%) milk		2½ cups		1 qt 1 cup	
Low-fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Fresh cilantro, chopped		¾ cup		1⅓ cups	
Whole-wheat flour		¼ cup	2¼ oz	½ cup	
Fresh garlic, minced		1 Tbsp		2 Tbsp	
Ancho chili powder		2 Tbsp		¼ cup	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Sugar		1 Tbsp		2 Tbsp	
OR					
Mexican Seasoning Mix (see Notes)		2 Tbsp		¼ cup	
					10 Pour 1 gal (about 9 lb) vegetable mixture over each pan of rice. Stir well.
					11 Sprinkle 2 cups (about 8 oz) cheese over each pan.
					12 Bake: Conventional oven: 350 °F for 25–30 minutes. Convection oven: 325 °F for 25–30 minutes.
					13 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					14 Critical Control Point: Hold for hot service at 140 °F or higher.
					15 Portion with 6 fl oz spoodle (¾ cup).



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS **AMOUNT**
Calories **208**

Total Fat	5 g
Saturated Fat	2 g
Cholesterol	13 mg
Sodium	407 mg
Total Carbohydrate	34 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	12 g
<hr/>	
Vitamin D	14 IU
Calcium	276 mg
Iron	2 mg
Potassium	331 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature yellow onions	14 oz	1 lb 12 oz
Mature green onions	2 oz	4 oz
Jalapeño peppers	3 oz	6 oz
Red bell peppers	1 lb 7 oz	2 lb 14 oz

NOTES

Mexican Seasoning Mix ¾ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ 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

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours. 1 lb dry pinto beans = about 2⅞ cups dry or 5¼ cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 12 lb 8½ oz	About 25 lb 1 oz
About 1 gal 2 qt 1⅞ cups/1 steam table pan (12" x 20" x 2½")	About 3 gal 2⅞ cups/2 steam table pans (12" x 20" x 2½")

