



Ground Turkey and Beef Spanish Rice USDA Recipe for CACFP

This Ground Turkey and Beef Spanish Rice dish consists of lean ground turkey and beef blended with brown rice, onions, green bell peppers, spices, tomatoes, lime juice, and cinnamon, which are then baked.

CACFP CREDITING INFORMATION

$\frac{1}{2}$ cup provides 1 oz equivalent meat, $\frac{1}{4}$ cup vegetable,
and 1 oz equivalent grains.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|---------|-------------|------------|---|
| | Weight | Measure | Weight | Measure | |
| Ground turkey, raw (no more than 15% fat) | 1 lb 4 oz | 2½ cups | 2 lb 8 oz | 1 qt 1 cup | 1 Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done. Recommend to cook in batches of 25. 2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 3 Remove meat from heat. Drain beef and turkey in a colander. Set aside for step 6. 4 Critical Control Point: Hold for hot service at 140 °F or higher. |
| Ground beef, raw (no more than 15% fat) | 1 lb | 2 cups | 2 lb | 1 qt | |
| | | | | | |
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| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|-------------------------------------|-------------|-------------------|-------------|-------------------|--|
| | Weight | Measure | Weight | Measure | |
| Cilantro, fresh, diced | | 1¾ cups | 2 oz | 3½ cups | 5 Place ¾ cup 2 Tbsp (about 0.5 oz) cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced. Set aside for step 6. Set remaining cilantro aside for step 15. |
| *Onions, fresh, chopped | 10 oz | 1¾ cups 3 Tbsp | 1 lb 4 oz | 3¾ cups 2 Tbsp | |
| *Green bell peppers, fresh, chopped | 10 oz | 1¾ cups 2 Tbsp | 1 lb 4 oz | 3¾ cups | |
| Garlic cloves | | 2 each | | 4 each | 6 Heat oil in a large stock pot. Add onion mixture. Return meat to heat. Simmer uncovered over medium heat for 2 minutes. |
| Canola oil | | 2 Tbsp | | ¼ cup | |
| *Celery, fresh, diced | 4 oz | ¾ cup 1½ tsp | 8 oz | 1½ cups 1 Tbsp | |
| Corn, frozen, thawed, drained | 4 oz | ⅔ cup 1⅓ tsp | 8 oz | 1⅓ cups 2⅔ tsp | 7 Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute, stirring constantly. |
| Salt | | 2 tsp | | 1 Tbsp 1 tsp | |
| Black or white pepper, ground | | ½ tsp | | 1 tsp | |
| Chili powder | | 2 tsp | | 1 Tbsp 1 tsp | |
| Cumin, ground | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Paprika | | 2 tsp | | 1 Tbsp 1 tsp | |
| Onion powder | | ½ tsp | | 1 tsp | |
| Cinnamon | | ½ tsp | | 1 tsp | |

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|---|-------------|------------------------------------|-------------|------------------------------------|---|
| | Weight | Measure | Weight | Measure | |
| Garlic powder | | 1 tsp | | 2 tsp | |
| Oregano | | 1 tsp | | 2 tsp | |
| Ancho chili powder | | 2 Tbsp | | ¼ cup | |
| OR | | | | | |
| Mexican seasoning mix (see Notes) | | 2 Tbsp | | ¼ cup | |
| Water | | 1 qt | | 2 qt | 8 Add water, beef base, tomato paste, and diced tomatoes. Bring to a boil. Reduce heat to low, and stir occasionally. Set aside for step 10. |
| Beef base, low-sodium | | 2 Tbsp 2 tsp | | ¼ cup 1 Tbsp 1 tsp | |
| No-salt-added tomato paste, canned | 4½ oz | ½ cup | 9 oz | 1 cup | |
| No-salt-added tomatoes, canned, diced, undrained | 10 oz | 1⅓ cups (about ⅛ No. 10 can) | 1 lb 4 oz | 2⅔ cups (about ¼ No. 10 can) | |
| Brown rice, long-grain, regular, dry, parboiled | 1 lb 9 oz | 1 qt | 3 lb 2 oz | 2 qt | 9 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| | | | | | 10 Pour 3 qt (about 6 lb 2 oz) meat mixture over each pan of rice. Stir well. Cover pans tightly. |
| | | | | | 11 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes. |



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|------------------|-------------|---------|-------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| *Fresh limes | 6 oz | 2 each | 12 oz | 4 each | 13 Remove from oven. Squeeze ¼ cup lime juice over each pan. Stir well. |
| OR Lime juice | | ¼ cup | | ½ cup | |
| | | | | | 14 Critical Control Point: Hold for hot service at 140 °F or higher. |
| | | | | | 15 Garnish with remaining cilantro. |
| | | | | | 16 Portion with No. 8 scoop (½ cup). |
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NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 198 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 20 mg |
| Sodium | 375 mg |
| Total Carbohydrate | 30 g |
| Dietary Fiber | 4 g |
| Total Sugars | 2 g |
| Added Sugars included | N/A |
| Protein | 12 g |
| Vitamin D | 0 IU |
| Calcium | 46 mg |
| Iron | 3 mg |
| Potassium | 315 mg |

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Mature onions | 12 oz | 1 lb 8 oz |
| Green bell papers | 13 oz | 1 lb 10 oz |
| Celery | 5 oz | 10 oz |
| Limes | 6 oz | 12 oz |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

Mexican Seasoning Mix ³/₄ 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.

YIELD/VOLUME

| 25 Servings | 50 Servings |
|---|--|
| About 6 lb 14 oz | About 13 lb 12 oz |
| About 3 qt 1¾ cups/1 steam table pan (12" x 20" x 4") | About 1 gal 2 qt 3½ cups/2 steam table pans (12" x 20" x 4") |