



# Rice Vegetable Casserole

## USDA Recipe for CACFP

Brown rice, kale, chicken broth, whole-wheat flour, and spices are combined, then topped with cheese, and baked.

### CACFP CREDITING INFORMATION

1 piece provides 1 oz equivalent meat alternate, ¼ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		1 qt 1 cup		2 qt 2 cups	<b>1</b> Boil broth.
Brown rice, long-grain, regular, dry parboil	1 lb 11 oz	1 qt ⅓ cup	3 lb 6 oz	2 qt ⅔ cup	<b>2</b> Place 1 qt ⅓ cup brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>3</b> Pour boiling broth (1 qt 1 cup per steam table pan) over brown rice. Stir. Cover pans tightly.
					<b>4</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Remove cooked rice from oven. Set aside for step 12.
Margarine, trans-fat free	2 oz	¼ cup	4 oz	½ cup	<b>7</b> Cream of mushroom sauce: In a large stock pot, add margarine, onions, mushrooms, minced garlic, salt, pepper, and onion powder. Stir constantly until mushrooms are soft.
*Onions, fresh, diced	10 oz	2 cups	1 lb 4 oz	1 qt	
*Mushrooms, fresh, sliced	1 lb	1 qt ⅔ cup	2 lb	2 qt 1⅓ cups	
Garlic, minced		1 Tbsp		2 Tbsp	
Salt		1½ tsp		1 Tbsp	
Black or white pepper, ground		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	
Flour, whole-wheat	2 oz	2¼ cups	4 oz	1 qt ½ cup	<b>8</b> Sprinkle flour over mushroom mixture. Stir well. After 1 minute, turn down to medium heat.
Milk, low-fat (1%)		3 cups		1 qt 2 cups	
					<b>9</b> Add milk stirring constantly. Sauce will become creamy and thick in texture. Set aside for step 13.
					<b>10</b> Assembly:
					<b>11</b> Lightly coat a steam table pan (12" x 20" x 4") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>12</b> First layer: Place 2 qt 2 cup cooked rice (4 lb) in each steam table pan.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>13</b> Second layer: Pour 1 qt 1½ cup (about 3 lb) cream of mushroom sauce over rice.
*Kale, fresh, chopped	14 oz	1 gal 2 qt 2 cups	1 lb 12 oz	3 gal 1 qt	<b>14</b> Third layer: Fold in 1 gal 2 qt 2 cup (about 14 oz) kale.
Cheddar cheese, low-fat, shredded	1 lb	1 qt	2 lb	2 qt	<b>15</b> Fourth layer: Sprinkle 1 qt (about 1 lb) cheese evenly over rice mixture.
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	9 oz	2¾ cups	1 lb 2 oz	1 qt 1½ cups	<b>16</b> Fifth layer: Sprinkle 2¾ cup (about 9 oz) cheese evenly over rice mixture. Cover pans tightly.
					<b>17</b> Bake: Conventional oven: 350 °F for 15–20 minutes. Convection oven: 325 °F for 5–10 minutes.
					<b>18</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>19</b> Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (about 2" x 3¾") square.



## NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>220</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	3 g
Cholesterol	12 mg
<b>Sodium</b>	<b>430 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
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Vitamin D	16 IU
Calcium	225 mg
Iron	3 mg
Potassium	278 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
Mushrooms	1 lb	2 lb
Kale	14 oz	1 lb 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.

## YIELD/VOLUME

25 Servings	50 Servings
About 9 lb 5 oz	About 18 lb 10 oz
About 1 gal 2 <sup>2</sup> / <sub>3</sub> cups/1 steam table pan (12" x 20" x 4")	About 2 gal 1 qt 1 <sup>1</sup> / <sub>4</sub> cups/2 steam table pans (12" x 20" x 4")