

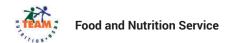
Spanish Rice USDA Recipe for CACFP

This flavorful and healthful Spanish Rice recipe includes brown rice, onions, green bell peppers, spices, tomatoes, and lime juice and has tons of flavor, which makes it a great side dish for a variety of meals.

CACFP CREDITING INFORMATION

 $^{1\!/_{\!\!2}}$ cup (No. 8 scoop) provides $^{1\!/_{\!\!4}}$ cup vegetable and 1 oz equivalent grains.

INGREDIENTS Wei	25 SERVINGS		50 SERVINGS		DIDECTIONS
	Weight	Measure	Weight	Weight Measure	DIRECTIONS
Cilantro, fresh	1 oz	13/4 cups	2 oz	3½ cups	1 Mince cilantro. Set aside ½ oz for step 12.
*Onions, fresh, minced	1 lb 3 oz	3³/4 cups	2 lb 6 oz	1 qt 3½ cups	2 Place cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced.
*Green peppers, fresh, minced	1 lb 3 oz	3½ cups 1 Tbsp	2 lb 6 oz	1 qt 3 cups 2 Tbsp	
Garlic cloves, minced		2 each		4 each	
Canola oil		2 Tbsp		1/4 cup	3 Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.



INGREDIENTS	25 SERVINGS		50 SERVINGS		PIDECTIONS
	Weight	Measure	Weight	Measure	DIRECTIONS
*Celery, fresh, minced	4 oz	³ / ₄ cup 1 ¹ / ₂ tsp	8 oz	1½ cups 1 Tbsp	4 Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute stirring constantly.
Corn, frozen	1 lb 3 oz	31/2 cups	2 lb 6 oz	1 qt 3 cups	
Salt		1½ tsp		1 Tbsp	
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	
Garlic powder		1 tsp		2 tsp	
Oregano		1 tsp		2 tsp	
Beef broth, low-sodium		1 qt		2 qt	5 Add beef broth, tomato paste, and diced tomatoes to onion mixture. Bring to a boil. Reduce heat to low, and stir occasionally. Set aside for step 7.
No-salt-added tomato paste, canned	4½ OZ	½ cup	9 oz	1 cup	
No-salt-added tomatoes, canned, diced, undrained	10 oz	1½ cups (approx. ½ No. 10 can)	1 lb 4 oz	2 ² / ₃ cups (approx. ¹ / ₄ No. 10 can)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
Brown rice, long-grain, regular, dry, parboil	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	6 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.
					Pour 3 qt 3 cups (about 6 lb 12 oz) beef broth mixture into each steam table pan. Stir. Cover pans tightly.
					8 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
					9 Critical Control Point: Heat to 140 °F or higher.
*Limes, fresh OR		2 each		4 each	10 Remove from oven. Squeeze lime juice over rice. Stir well.
Lime juice		¹⁄₄ cup		¹⁄₂ cup	
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Garnish with remaining cilantro.
					13 Portion with No. 8 scoop (½ cup).

NUTRITION INFORMATION

For No 8 scoop (1/2 cup).

NUTRIENTS Calories	AMOUNT 154
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	2 g 0 g 0 mg 184 mg 30 g 4 g 3 g N/A 4 g
Vitamin D Calcium Iron Potassium N/A=data not available.	0 IU 29 mg 1 mg 270 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE				
Food as Purchased for	25 Servings	50 Servings		
Mature onions	1 lb 6 oz	2 lb 12 oz		
Green bell peppers	1 lb 8 oz	3 lb		
Celery	5 oz	10 oz		
Limes	5 oz	10 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 6 lb 8 oz	About 13 lb				
About 3 qt 1 cup/1 steam table pan (12" x 20" x 4")	About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 4")				

