



Ground Turkey and Beef Spanish Rice

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

$\frac{1}{2}$ cup provides 1 oz equivalent meat, $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground turkey, raw (no more than 15% fat)	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	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.
Ground beef, raw (no more than 15% fat)	2 lb	1 qt	4 lb	2 qt	
					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 135 °F or higher.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh, diced	2 oz	3½ cups	4 oz	1 qt 3 cups	<p>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.</p>
*Onions, fresh, chopped	1 lb 4 oz	3¾ cups 2 Tbsp	2 lb 8 oz	1 qt 3¾ cups	
*Green bell peppers, fresh, chopped	1 lb 4 oz	3¾ cups	2 lb 8 oz	1 qt 3½ cups	
Garlic cloves		4 each		8 each	
Canola oil		¼ cup		½ cup	<p>6 Heat oil in a large stock pot. Add onion mixture. Return meat to heat. Simmer uncovered over medium heat for 2 minutes.</p>
*Celery, fresh, diced	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Corn, frozen, thawed, drained	8 oz	1⅓ cups 2⅔ tsp	1 lb	2⅔ cups 1 Tbsp 2⅓ tsp	<p>7 Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute, stirring constantly.</p>
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cumin, ground		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Onion powder		1 tsp		2 tsp	
Cinnamon		1 tsp		2 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Oregano		2 tsp		1 Tbsp 1 tsp	
Ancho chili powder		¼ cup	2½ oz	½ cup	
OR					
Mexican seasoning mix (see Notes)		¼ cup	2½ oz	½ cup	
Water		2 qt		1 gal	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		¼ cup 1 Tbsp 1 tsp		½ cup 2 Tbsp 2 tsp	
No-salt-added tomato paste, canned	9 oz	1 cup	9 oz	2 cups (about ½ No. 10 can)	
No-salt-added tomatoes, diced, canned, undrained	1 lb 4 oz	2⅔ cups (about ¼ No. 10 can)	2 lb 8 oz	1 qt 1⅓ cups (about ½ 10 can)	
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	9 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					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.
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Limes, fresh	12 oz	4 each	1 lb 8 oz	8 each	13 Remove from oven. Squeeze ¼ cup lime juice over each pan. Stir well.
OR Lime juice		½ cup		1 cup	
					14 Critical Control Point: Hold for hot service at 135 °F or higher.
					15 Garnish with remaining cilantro.
					16 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	198
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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
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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	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Green bell papers	1 lb 10 oz	3 lb 4 oz
Celery	10 oz	1 lb 4 oz
Limes	12 oz	1 lb 8 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 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.

YIELD/VOLUME

50 Servings	100 Servings
About 13 lb 12 oz	About 27 lb 8 oz
About 1 gal 2 qt 3½ cups/2 steam table pans (12" x 20" x 4")	About 3 gal 1 qt 3 cups/4 steam table pans (12" x 20" x 4")

