



Rice Vegetable Casserole

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION:

1 piece provides 1 oz equivalent meat alternate, 1/8 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		2 qt 2 cups		1 gal 1 qt	1 Boil broth.
Brown rice, long-grain, regular, dry parboil	3 lb 6 oz	2 qt 2/3 cup	6 lb 12 oz	1 gal 1 1/3 cups	2 Place 1 qt 1/3 cup brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3 Pour boiling broth (1 qt 1 cup 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.
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Remove cooked rice from oven. Set aside for step 12.
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	7 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	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
*Mushrooms, fresh, sliced	2 lb	2 qt 1⅓ cups	4 lb	1 gal 2⅔ cups	
Garlic, minced		2 Tbsp	2½ oz	¼ cup	
Salt		1 Tbsp		2 Tbsp	
Black or white pepper, ground		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Flour, whole-wheat	4 oz	1 qt ½ cup	8 oz	2 qt 1 cup	8 Sprinkle flour over mushroom mixture. Stir well. After 1 minute, turn down to medium heat.
Milk, low-fat (1%)		1 qt 2 cups		3 qt	9 Add milk, stirring constantly. Sauce will become creamy and thick in texture. Set aside for step 13.
					10 Assembly:
					11 Lightly coat a steam table pan (12" x 20" x 4") with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					12 First layer: Place 2 qt 2 cup cooked rice (4 lb) in each steam table pan.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					13 Second layer: Pour 1 qt 1½ cup (about 3 lb) cream of mushroom sauce over rice.
*Kale, fresh, chopped	1 lb 12 oz	3 gal 1 qt	3 lb 8 oz	6 gal 2 qt	14 Third layer: Fold in 1 gal 2 qt 2 cup (about 14 oz) kale.
Cheddar cheese, low-fat, shredded	2 lb	2 qt	4 lb	1 gal	15 Fourth layer: Sprinkle 1 qt (about 1 lb) cheese evenly over rice mixture.
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	1 lb 2 oz	1 qt 1½ cups	2 lb 4 oz	2 qt 3 cups	16 Fifth layer: Sprinkle 2¾ cup (about 9 oz) cheese evenly over rice mixture. Cover pans tightly.
					17 Bake: Conventional oven: 350 °F for 15–20 minutes. Convection oven: 325 °F for 5–10 minutes.
					18 Critical Control Point: Hold for hot service at 135 °F or higher.
					19 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****Calories****220****Total Fat****6 g**

Saturated Fat

3 g

Cholesterol

12 mg

Sodium**430 mg****Total Carbohydrate****34 g**

Dietary Fiber

3 g

Total Sugars

3 g

Added Sugars included

N/A

Protein**14 g**

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	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Mushrooms	2 lb	4 lb
Kale	1 lb 12 oz	3 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.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb 10 oz	About 37 lb 4 oz
About 2 gal 1 qt 1¼ cups/2 steam table pans (12" x 20" x 4")	About 4 gal 2 qt 2½ cups/4 steam table pans (12" x 20" x 4")

