



# Spanish Rice

## USDA Recipe for Schools

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.

### NSLP/SBP CREDITING INFORMATION

$\frac{1}{2}$  cup (No. 8 scoop) provides  $\frac{1}{8}$  cup red/orange vegetable,  $\frac{1}{8}$  cup starchy vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh	2 oz	3½ cups	4 oz	1 qt 3 cups	<b>1</b> Mince cilantro. Set aside ½ oz for step 12.
*Onions, fresh, minced	2 lb 6 oz	1 qt 3½ cups	4 lb 12 oz	3 qt 3 cups	
*Green peppers, fresh, minced	2 lb 6 oz	1 qt 3 cups 2 Tbsp	4 lb 12 oz	3 qt 2¼ cups	<b>2</b> Place cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced.
Garlic cloves, minced		4 each		8 each	
Canola oil		¼ cup		½ cup	<b>3</b> Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Celery, fresh, minced	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	<b>4</b> Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute stirring constantly.
Corn, frozen	2 lb 6 oz	1 qt 3 cups	4 lb 12 oz	3 qt 2 cups	
Salt		1 Tbsp		2 Tbsp	
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	
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	
Beef broth, low-sodium		2 qt		1 gal	<b>5</b> 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	9 oz	1 cup	1 lb 2 oz	2 cups (approx. ⅛ No. 10 can)	
No-salt-added tomatoes, canned, diced, undrained	1 lb 4 oz	2⅔ cups (approx. ¼ No. 10 can)	2 lb 8 oz	1 qt 1⅓ cups (approx. ½ No. 10 can)	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry, parboil	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<p><b>6</b> Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p><b>7</b> Pour 3 qt 3 cups (about 6 lb 12 oz) beef broth mixture into each steam table pan. Stir. Cover pans tightly.</p>
					<p><b>8</b> Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.</p>
					<p><b>9</b> Critical Control Point: Heat to 135 °F or higher.</p>
*Limes, fresh		4 each		8 each	<p><b>10</b> Remove from oven. Squeeze lime juice over rice. Stir well.</p>
OR Lime juice		½ cup		1 cup	
					<p><b>11</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p><b>12</b> Garnish with remaining cilantro.</p>
					<p><b>13</b> Portion with No. 8 scoop (½ cup).</p>

## NUTRITION INFORMATION

For No. 8 scoop (½ cup).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>154</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>184 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	29 mg
Iron	1 mg
Potassium	270 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb 12 oz	5 lb 8 oz
Green bell peppers	3 lb	6 lb
Celery	10 oz	1 lb 4 oz
Limes	10 oz	1 lb 4 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 13 lb	About 26 lb
About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 4")	About 3 gal 1 qt/4 steam table pans (12" x 20" x 4")