



# Ground Turkey and Beef Spanish Rice

Ground Turkey and Beef Spanish Rice is a delicious and satisfying variation of the Mexican recipe, Spanish Rice. Lean ground turkey and beef are cooked, with green peppers, onions, celery, and corn, in a savory sauce flavored with vibrant seasonings that include garlic, cilantro and cinnamon.

### CACFP Adult Portion Crediting Information

2 cups (2 - 8 oz spoodles) provide ½ cup vegetable (⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ¼ cup other vegetable), 2 oz equivalent meat, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Raw ground turkey (no more than 15% fat)	1 lb 12 oz	3 cups	3 lb 8 oz	1 qt 2 cups	<b>1</b> Preheat oven: Conventional oven: 350 °F. Convection oven: 350 °F.  <b>2</b> 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.
Raw ground beef (no more than 15% fat)	1 lb 8 oz	1 ¾ cups	3 lb	3 ½ cups	
					<b>3</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>4</b> Remove meat from heat. Drain beef and turkey in a colander. Set aside 2 lbs 8 oz (1 qt 2 cups) for step 10.
					<b>5</b> Critical Control Point: Hold for hot service at 140 °F or higher.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		2 Tbsp		¼ cup	<p><b>6</b> Heat oil in a large stock pot.</p> <p><b>7</b> Place cilantro (¾ cup), onions, peppers, and garlic in stock pot. Stir frequently over medium high heat for 3-4 minutes.</p> <p><b>8</b> Set onion mixture aside for step 10.</p> <p><b>9</b> Set remaining cilantro aside for step 20.</p> <p><b>10</b> Return meat to heat. Add onion mixture. Simmer uncovered over medium heat for 2 minutes.</p> <p><b>11</b> Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute, stirring constantly.</p>
Fresh cilantro, chopped		1 ¾ cups	2 oz	3 ½ cups	
*Fresh onions, diced	1 lb 10 oz	1 qt ½ cup	3 lb 4 oz	2 qt 1 cup	
*Fresh green bell peppers, chopped	1 lb 10 oz	1 qt ½ cup	3 lb 4 oz	2 qt 1 cup	
Garlic, minced		¼ cup		½ cup	
*Fresh celery, diced	1 lb	1 qt	2 lb	2 qt	
Frozen corn, thawed, drained	1 lb	3 cups	2 lb	1 qt 2 cups	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Chili powder		2 tsp		1 Tbsp 1 tsp	
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 Tbsp 1 tsp	
Onion powder		½ tsp		1 tsp	
Cinnamon		½ tsp		1 tsp	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
Oregano		1 tsp		2 tsp	
Ancho chili powder		2 Tbsp		¼ cup	
OR					
Mexican seasoning mix (See Notes Section)		2 Tbsp		¼ cup	
Water		1 qt		2 qt	<b>12</b> Add water, beef base, tomato paste, and diced tomatoes. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 14.
Low-sodium beef base		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Canned no-salt-added tomato paste	9 oz	1 cup	1 lb 2 oz	2 cups	
Canned no-salt-added diced tomatoes, undrained	1 lb 4 oz	2 ½ cups (approx. ¼ No. 10 can)	2 lb 8 oz	1 qt 1 cup (approx. ½ No. 10 can)	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry, parboiled	3 lb 8 oz	2 qt 1 cup	7 lb	1 gal 2 cups	<b>13</b> Place 2 qt 1 cup brown rice (3 lb 8 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>14</b> Pour 1 gal 2 cups (about 10 lb) meat mixture over each pan of rice. Spread evenly. Meat mixture will be slightly thick.
Water		2 qt		1 gal	<b>15</b> Add water, stir slowly and mix well. Cover pans tightly.
					<b>16</b> Bake: Conventional oven: 350 °F for 1 hour 10 minutes. Convection oven: 350 °F for 1 hour.
					<b>17</b> Critical Control Point: Heat to 165° F or higher for at least 15 seconds.
Fresh limes OR Lime juice	6 oz OR 6 oz	2 each OR ¼ cup	12 oz OR 12 oz	4 each OR ½ cup	<b>18</b> Remove from oven. Squeeze ¾ cup lime juice over each pan. Stir well.
					<b>19</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>20</b> Garnish with remaining cilantro.
					<b>21</b> Serve 2 cups (portion with 2 - 8 oz spoodles).

**NUTRITION INFORMATION**

For 2 cups (2 - 8 oz spoodles)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>381</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	32 mg
<b>Sodium</b>	<b>446 mg</b>
<b>Total Carbohydrate</b>	<b>69 g</b>
Dietary Fiber	8 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>20 g</b>
Vitamin A	45 mcg RAE
Vitamin C	33 mg
Vitamin D	2 IU
Calcium	94 mg
Iron	7 mg
Potassium	665 mg
N/A=no data available.	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Onion	1 lb 10 oz	3 lb 4 oz
Green bell peppers	1 lb 10 oz	3 lb 4 oz
Celery	1 lb	2 lb

**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 16 lb 3 oz	About 32 lb 6 oz
About 2 gal/1 steam table pan (12" x 20" x 4").	About 4 gal/2 steam table pans (12" x 20" x 4").

**SOURCE**

CACFP Adult Portion Recipe Project