

Ground Turkey and Beef Spanish Rice

Ground Turkey and Beef Spanish Rice dish is a 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.



Preparation Time: 30 minutes

Cooking Time: 60 minutes

Makes: 6 servings

CACFP Home Childcare Crediting Information

1 ¼ cup (8 oz spoodle and 2 oz spoodle) provides ½ cup vegetable (⅛ cup starchy vegetable, ⅜ cup other vegetable), 1 oz equivalent meat, and 1 oz equivalent grains.

Ingredients

- ½ cup or 4 oz Lean ground turkey
- ½ cup or 3 oz Lean ground beef
- ½ cup Fresh cilantro, chopped
- 1 ½ cups or 6 oz Fresh onions, diced
- 1 ¾ cups or 7 oz Fresh green bell peppers, diced
- ½ tsp Garlic minced
- 2 tsp Canola oil
- 2 cups or 7 oz Fresh celery, diced
- 1 ½ cups or 7 oz Frozen corn, thawed, drained
- ½ tsp Salt
- ¼ tsp Black pepper
- ½ tsp Chili powder
- 1 tsp Cumin
- ½ tsp Paprika
- ¼ tsp Onion powder
- ¼ tsp Cinnamon
- ¼ tsp Garlic powder
- 2 tsp Ancho chili powder
- OR
- 2 tsp Mexican Seasoning Mix (See Notes Section)

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2 Place ground turkey and ground beef in a large skillet. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
- 3 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 4 Remove meat from heat. Drain beef and turkey in a colander.
Set aside for step 10.
- 5 Critical Control Point:
Hold for hot service at 140 °F or higher.
- 6 Heat oil in a large saucepan.
- 7 Reserve ¼ cup cilantro for step 20.
- 8 Place remaining cilantro, onions, peppers, and garlic cloves in pot. Sauté frequently over medium high heat for 2-3 minutes.
- 9 Add celery, and corn. Stir well.
- 10 Add cooked meat and stir well.
- 11 Simmer uncovered over medium low heat for 2 minutes. Add salt, pepper, chili powder, cumin, paprika, onion powder, cinnamon, garlic powder, chili powder or Mexican seasoning mix and oregano. Continue cooking one additional minute, stirring constantly.
- 12 Add water, beef base, tomato paste, and diced tomatoes. Stir well.
- 13 Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 15.
- 14 Place 1 cup brown rice in a 9" x 9" baking dish.

Ingredients continued

¼ tsp Oregano
2 cups Water
2 tsp Low-sodium beef base
¼ cup or 2 oz Canned no-salt-added tomato paste
¾ cup or 6 oz Canned no-salt-added diced tomatoes, undrained
1 cup or 7 oz Brown rice, long-grain, regular, dry, parboiled
¼ cup or 2 oz Juice of fresh lime

Directions continued

- 15 Pour meat mixture over rice. Stir well. Cover pan tightly.
- 16 Bake:
Conventional oven: 350 °F for 35-40 minutes.
Convection oven: 350 °F for 35 minutes.
- 17 Critical Control Point:
Heat to 165° F or higher for at least 15 seconds.
- 18 Remove pan from oven. Squeeze ¼ cup lime juice over pan. Stir well.
- 19 Critical Control Point:
Hold at 140 °F or higher until served.
- 20 Garnish with remaining cilantro.
- 21 Serve 1 ¼ cup. (Portion with 1 cup and ¼ cup measuring cups or 8 oz spoodle and 2 oz spoodle).

Notes Section:

Mexican Seasoning Mix:

Makes ¾ cup (about 4 ½ 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.

Source:

CACFP Home Childcare 6- Serving Recipe Project

Nutrients Per Serving: Calories 251, Protein 12 g, Carbohydrates 46 g, Dietary Fiber 6 g, Total Sugars 6 g Total Fat 5 g, Saturated Fat 1 g, Cholesterol 18 mg, Sodium 354 mg, Vitamin A 49 mcg RAE, Vitamin C 38 mg, Vitamin D 1 IU, Calcium 74 mg, Iron 4 g, Potassium 629 mg