



Rice Vegetable Casserole

Comfort food at its best! Seasoned kale, vegetables, and brown rice topped with melted cheese make for an amazing blend of flavors.

CACFP Adult Portion Crediting Information

1 piece (2" x 3 3/4" square) provides 1/2 cup vegetable (1/8 cup dark green vegetable, 3/8 cup other vegetable), 1 oz equivalent meat alternate, 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	
					1 Preheat oven: Conventional oven: 350 °F Convection oven: 325 °F
Low-sodium chicken broth		2 qt 2 cups		1 gal 1 qt	2 Boil broth in a large stock pot.
Brown rice, long-grain, regular, dry, parboil	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	3 Place 2 qt 2 cups brown rice (3 lb 2 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4 Pour boiling broth (2 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					5 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7 Remove cooked rice from oven. Set aside for step 13.
Margarine, trans fat-free	2 oz	¼ cup	4 oz	½ cup	8 Mushroom sauce: In a large stock pot, add margarine, onions, mushrooms, minced garlic, salt, pepper, and onion powder. Stir constantly until mushrooms are soft over medium-high heat for 3 minutes.
*Fresh onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh mushrooms, sliced	1 lb 8 oz	2 qt	3 lb	1 gal	
Garlic, minced		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Whole-wheat flour	2 oz	2 ¼ cups	4 oz	1 qt ½ cup	
Low-fat (1%) milk		3 cups		1 qt 2 cups	10 Add milk, stirring constantly for 2 minutes. Sauce will become creamy and thick in texture. Set aside for step 14.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>11 Lightly coat a steam table pan (12" x 20" x 4") with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>12 Assemble as follows:</p>
					<p>13 First layer: Place 1 gal ½ qt cooked rice (6 lb 11 oz) in each steam table pan.</p>
					<p>14 Second layer: Pour 1 qt 3 cups (about 3 lb 12 oz) mushroom sauce over rice in each steam table pan.</p>
*Fresh kale, chopped	1 lb	3 qt 3 cups	2 lb	1 gal 3 qt 2 cups	<p>15 Third layer: Spread 3 qt 2 cups (about 1 lb) kale evenly on top of mushroom sauce in each steam table pan.</p>
Low-fat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	<p>16 Fourth layer: Sprinkle 1 qt (about 1 lb) cheddar cheese evenly over rice mixture.</p>
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	9 oz	2 ¾ cups	1 lb 2 oz	1 qt 1 ½ cups	<p>17 Fifth layer: Sprinkle 2 ¾ cups (about 9 oz) mozzarella cheese evenly over rice mixture in each steam table pan. Cover pans tightly.</p>
					<p>18 Bake: Conventional oven: 350 °F for 15-20 minutes. Convection oven: 325 °F for 5-10 minutes.</p>
					<p>19 Portion: Cut each pan 5 x 5 (25 pieces per pan).</p>
					<p>20 Serve 1 piece (2" x 3 ¾" square).</p>

NUTRITION INFORMATION

For 1 piece (2" x 3 3/4" square)

NUTRIENTS **AMOUNT**
Calories 324

Total Fat 8 g
Saturated Fat 3 g
Cholesterol 7 mg
Sodium 424 mg
Total Carbohydrate 58 g
Dietary Fiber 6 g
Total Sugars 3 g
Added Sugars included N/A
Protein 18 g

Vitamin A 181 mcg RAE
Vitamin C 9 mg
Vitamin D 26 IU
Calcium 250 mg
Iron 5 mg
Potassium 417 mg
N/A=no data available.

SOURCE:

CACFP Adult Portion Recipe Project

MARKETING GUIDE

Fresh Onions	1 lb 5 oz	2 lb 10 oz
Fresh Mushrooms	3 lb 8 oz	7 lb
Fresh Kale	1 lb 5 oz	2 lb 10 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

25 Servings	50 Servings
25 pieces	50 pieces
About 12 lb 6 oz/1 steam table pan (12" x 20" x 4")	About 24 lb 12 oz/2 steam table pans (12" x 20" x 4")