



Spanish Rice

Spanish Rice is a delicious blend of brown rice, spices, fresh onions, cilantro, and green peppers! It is simple to prepare and a perfect accompaniment to serve with tacos and burritos.

CACFP Adult Portion Crediting Information

1 ½ cups (8 oz spoodle and 4 oz spoodle) provides ½ cup vegetable (⅓ cup red/orange vegetable, ⅓ cup starchy vegetable, ⅓ cup other vegetable), 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.
*Fresh cilantro	1 oz	1 cup	2 oz	2 cups	2 Dice cilantro. Set aside ½ oz (½ cup) for step 12.
*Fresh onions, chopped	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	
*Fresh green peppers, chopped	1 lb 8 oz	1 qt 1 cup	3 lb	2 qt 2 cups	
Garlic, minced		2 Tbsp		¼ cup	
Canola oil		2 Tbsp		¼ cup	3 Heat oil in a medium stock pot. Add onion peppers garlic, and cilantro. Cook uncovered over medium heat for 2 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh celery, chopped	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	<p>4 Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute stirring constantly.</p>
Frozen corn	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	
Salt		1 ½ tsp		1 Tbsp	
Ground black pepper		½ tsp		1 tsp	
Chili powder		2 tsp		1 Tbsp 1 tsp	
Ground Cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Onion Powder		½ tsp		1 tsp	
Cinnamon		½ tsp		1 tsp	
Garlic Powder		1 tsp		2 tsp	
Oregano		1 tsp		2 tsp	
Low-sodium beef broth		1 qt		2 qt	<p>5 Add beef broth, tomato paste, and diced tomatoes to onion mixture. Bring to a boil. Reduce heat to low and stir occasionally for five minutes. Set aside for step 7.</p>
Canned no-salt-added tomato paste	4 ½ oz	½ cup	9 oz	1 cup	
		1 ⅓ cups		2 ⅔ cups	
Canned no-salt-added diced tomatoes, undrained	10 oz	(approx. 1 No. 300 can)	1 lb 4 oz	(approx. 2 No. 300 cans)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, dry, parboil	3 lb 8 oz	2 qt 1 cup	7 lb	1 gal 2 cups	6 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.
Water		1 qt		2 qt	7 Pour about 7 lb 5 oz (3 ½ qts) beef broth mixture in each steam table pan. Add water and stir. Cover pans tightly.
*Fresh limes	2 each	¼ cup	4 each	½ cup	
OR	OR	OR	OR	OR	
Lime juice	2 oz	¼ cup	4 oz	½ cup	
					8 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 325 °F for 40 minutes.
					9 Critical Control Point: Heat to 140° F or higher for at least 15 seconds.
					10 Remove from oven. Squeeze lime juice over rice. Stir well.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Garnish with remaining cilantro.
					13 Serve 1 ½ cups (portion with 8 oz spoodle and 4 oz spoodle).

NUTRITION INFORMATION

For 1 ½ cups (8 oz and 4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	264
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	248 mg
Total Carbohydrate	61 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	10 g
Vitamin A	32 mcg RAE
Vitamin C	27 mg
Vitamin D	0 IU
Calcium	70 mg
Iron	5 mg
Potassium	375 mg
N/A=no data available.	

MARKETING GUIDE

Fresh Onions	1 lb 9 oz	3 lb 2 oz
Fresh Green peppers	2 lb 1 oz	4 lb 2 oz
Fresh Celery	15 oz	1 lb 14 oz
Fresh Limes	2 ea	4 ea
Fresh Cilantro	1 oz	2 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
About 11 lb 6 oz	About 22 lb 12 oz
About 1 gal 1 qt/1 steam table pan (12" x 20" x 4").	About 2 gal 2 qt/2 steam table pans (12" x 20" x 4").

SOURCE:

CACFP Adult Portion Recipe Project