

Spanish Rice

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

CACFP Home Childcare Crediting Information

1 cup (8 oz spoodle) provides ½ cup vegetable (⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable), and 1 oz equivalent grains.



Preparation Time: 20 minutes

Cooking Time: 60 minutes

Makes: 6 servings

Ingredients

- 2 Tbsp or ¼ oz Fresh cilantro
- 1 cup or 4 oz Fresh onions, chopped
- 1 cup or 5 ½ oz Fresh green peppers, chopped
- ½ tsp Fresh garlic cloves, minced
- 2 tsp Canola oil
- ¼ cup or 4 oz Fresh celery, chopped
- 1 ⅓ cups or 5 ½ oz Frozen corn
- ½ tsp Salt
- ¼ tsp Ground black pepper
- ½ tsp Chili powder
- 1 tsp Ground cumin
- ½ tsp Paprika
- ⅛ tsp Onion powder
- ⅛ tsp Cinnamon
- ¼ tsp Garlic powder

Directions

- 1** Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2** Dice cilantro.
Set aside 1 Tbsp for step 12.
- 3** Heat oil in a medium saucepan.
Add onions, peppers, garlic cloves, and 1 Tbsp cilantro. Sauté uncovered over medium heat for 2 minutes.
- 4** Add celery, corn, salt, pepper, and spices.
Continue cooking one additional minute, stirring constantly.
- 5** Add beef broth, tomato paste, and diced tomatoes to onion mixture. Bring to a boil.
Reduce heat to low and cook for 5 minutes, stirring occasionally. Set aside for step 7.
- 6** Place brown rice in a medium baking dish (9"x13"x 2").
- 7** Pour 3 cups beef broth mixture over rice.
Add water and stir. Cover baking dish tightly.

Ingredients continued

- ¼ tsp Oregano
- 1 cup Low-sodium beef broth
- 2 Tbsp or 1 ½ oz Canned no-salt-added tomato paste
- ⅓ cup or 2 ½ oz Canned no-salt-added diced tomatoes, undrained
- 1 cup or 7 oz Brown rice, long-grain, regular, dry, parboil
- 1 cup Water
- 1 Fresh lime
- OR
- 1 Tbsp Lime juice

Directions continued

- 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 at 140 °F or higher until served.
- 12** Garnish with remaining cilantro.
- 13** Serve 1 cup (portion with a 1 cup measuring cup or an 8 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 184, Protein 6 g, Carbohydrates 41 g, Dietary Fiber 5 g, Total Sugars 4 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 308 mg, Vitamin A 38 mcg RAE, Vitamin C 27 mg, Vitamin D 0 IU, Calcium 54 mg, Iron 4 mg, Potassium 347 mg

