

**BROWN RICE WITH TOMATOES**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
167 cal	35 g	4 g	1 g	0 mg	163 mg	37 mg

**Ingredient**

VEGETABLE BROTH  
 TOMATOES,CANNED,DICED,DRAINED  
 RICE,BROWN,LONG GRAIN,RAW PARBOILED  
 ONIONS,FRESH,CHOPPED  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND

**Weight**

13-1/4 lbs  
 7-3/4 lbs  
 6-1/3 lbs  
 2-3/8 oz  
 1/2 oz

**Measure**

1 gal 3-1/2 qts  
 1 gal 2 qts  
 1 gal 3/4 qts  
 1 gal 1/2 qts  
 1/2 cup  
 2 tbsp

**Issue**

7 lbs

**Method**

- 1 Prepare broth according to package directions in steam-jacketed kettle or stock pot.
- 2 Add tomatoes, brown rice, onions, garlic powder, and pepper to broth in steam-jacketed kettle or stock pot. Stir well; bring to a rolling boil, stirring occasionally. Reduce heat. Cover. Simmer 35 minutes or until most of the broth is absorbed and rice is tender. Do not stir. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Stir to redistribute onions and tomatoes. Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Using a convection oven, bake in 2 steam table pans at 350 F. for 45 to 50 minutes on high fan, closed vent or until most of the broth is absorbed.