



# Spicy Brown Rice (Oven Method)



**No.** E-018-01

**Yield** 100 Portions

**Each Portion**  $\frac{3}{4}$  cup (5 oz)

**Pan Size and Number** 12 x 20 x 4-Inch Steam Table Pan (3)

**Temp** 350°F (177°C)

**Time** 60 – 65 min.

## Cereals and Pasta Products

### Go for Green® Color and Sodium Codes

Green (Eat Often) Moderate Sodium

## Nutrition Facts

Calories 170

Carbohydrates  
29 g

Sugars\* 2 g

Protein 3 g

Fat 5 g

Saturated Fat  
0.5 g

Cholesterol 0 mg

Sodium 500 mg

Calcium 23 mg

Fiber 2.2 g

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER, HOT	3-½ gal	29 lb 3 oz	
VEGETABLE BASE PASTE, LOW SODIUM	$\frac{3}{4}$ cup + 2 tbsp	9 oz	
OIL, CANOLA	1-½ cups	11-½ oz	
ONION, YELLOW, DICED ½-INCH	3-½ qt	4 lb 5 oz	4 lb 13 oz
BELL PEPPER, RED, DICED ½-INCH	2-¾ qt	2 lb 15 oz	3 lb 11 oz
SALT	$\frac{1}{4}$ cup + 2 tbsp	3-¾ oz	

PAPRIKA	½ cup	2 oz
GARLIC, GRANULATED	¼ cup + 1 tbsp	1-¾ oz
PEPPER, BLACK, GROUND	¼ cup	0.97 oz
CUMIN, GROUND	2 tbsp	0.42 oz
CRUSHED RED PEPPER FLAKES	1 tbsp + 1 tsp	0.25 oz
BROWN RICE, LONG GRAIN, PARBOILED	1 gal + 1 cup	6 lb 14 oz
BAY LEAVES, WHOLE	12 each	

## Directions

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Reconstitute vegetable broth base with hot water. Reserve for use in Step 6.
- 3 On a preheated 350°F (177°C) griddle, heat oil. Add onions and bell peppers, sauté for 5-8 minutes or until vegetables have browned slightly. Remove from heat and reserve for use in Step 6.
- 4 Combine salt, paprika, garlic, black pepper, cumin and crushed red pepper flakes; mix well.
- 5 In each (12 x 20 x 4-inch) steam table pan, add 1 gal + 2-⅔ cups (9 lb 12 oz) reserved vegetable broth, 1-¼ qt + ⅔ cup (2 lb 5 oz) brown rice, 1-¼ qt (1 lb 12 oz) reserved vegetable mixture, ½ cup + 2 tsp (about 3 oz) spice blend and 4 bay leaves. Stir to combine.
- 6 Cover with a tight fitting lid. In an oven on convection mode, bake at 350°F (177°C) for 55 to 60 minutes or until all of the water has absorbed. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. Serve immediately or CP: hold hot at 135°F (57°C).

### Recipe Notes

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven may require extra cook time to achieve the desired final product).
2. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.