

Go For Green® Color and Sodium Level: Green and Moderate

SPANISH STLYE BEANS & RICE (vegan)(Entrée Portion)

Yield 100 Portions

Temp 350°F (177°C)

Each Portion 1 cup beans + ½ cup rice

Time 18 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber
		18 g						

Ingredients

RICE, BROWN, LONG GRAIN
 TOMATOES, DICED, CANNED
 SUGAR, REFINED, WHITE, GRANULATED
 ONIONS, FRESH, YELLOW, ½-INCH DICE
 SPICE, CLOVES
 SPICE, PEPPER, BLACK
 SPICE, MUSTARD
 BEANS, PINTO, CANNED, DRAINED, RINSED

Weight

5-3/4 lbs
 13 lbs 8 oz
 2 lb
 2 lb
 1/2 oz
 1/2 oz
 1-1/4 oz
 68 lbs

Measure

3 qts 2 cups
 6 qt 1-1/2 cups 3/4 tsp
 2 pt 8 tbsp 1 1/2 tsp
 2 tbsp 1/2 tsp
 2 tbsp 1/4 tsp
 6 tbsp 2 1/4 tsp
 8 gal 8 tbsp 6/8 tsp

Approx. Issue

6 lbs

Methods

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. Prepare rice by combining with water and cooking. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15. Hold cooked rice in warmer, covered, for use in last step.
3. Combine drained beans, onions, tomatoes, sugar, mustard, cloves, and pepper in a steam jacketed kettle. Heat to a boil and then reduce heat to simmer. CCP: Heat to 145 F. or higher for 15 seconds.
4. Transfer to serving containers. CP: Hold for hot service at 135°F (57°C).
5. Serve 1 cup of beans over 1/2 cup of rice.

Notes

1. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Spanish Style Beans & Rice (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughterer or insects such as gelatin or honey.
2. Rice preparation method options, see AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
3. Alternatives: If brown rice is not available can substitute with equal amounts of white rice or quinoa.
4. See Q-006-01 for a similar dish to be used as a side dish.
5. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

