

## ITALIAN RICE AND BEEF (vegetarian)

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	20 g	29 g	15 g	92 mg	368 mg	132 mg

**Ingredient**

HAMBURGER CRUMBLES VEGAN  
 TOMATOES,CANNED,DICED,DRAINED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 RICE,LONG GRAIN (WHITE)  
 VEGETABLE BROTH  
 SUGAR,GRANULATED  
 GARLIC POWDER  
 SALT  
 BASIL,SWEET,WHOLE,CRUSHED  
 OREGANO,CRUSHED  
 PEPPER,BLACK,GROUND  
 CHEESE,MOZZARELLA,PART SKIM,SHREDDED  
 CHEESE,PARMESAN,GRATED

**Weight**

24 lbs  
 5 lbs  
 4 lbs  
 3-7/8 lbs  
 5-1/4 oz  
 2-3/8 oz  
 1-1/4 oz  
 1-1/4 oz  
 1-1/4 oz  
 3/8 oz  
 2 lbs  
 7 oz

**Measure**

3 gal  
 3 qts 2-1/8 cup  
 3 qts 1/8 cup  
 2 qts 1-1/2 cup  
 1 qts 2 cup  
 3/4 cup  
 1/2 cup  
 2 tbsp  
 1/2 cup  
 1/2 cup  
 1 tbsp  
 2 qts  
 2 cup

**Issue**

5-1/2 lbs  
 4-7/8 lbs

**Method**

- 1 Cook hamburger crumbles (vegan) according to manufacturer's instructions.
- 2 Add tomatoes, onions, peppers, white rice, vegetable broth, sugar, garlic powder, salt, basil, oregano and pepper. Stir to blend. Bring to a boil. Cover tightly; reduce heat; simmer 20 to 25 minutes or until rice is tender. Do not stir.
- 3 Place 1-2/3 gal cooked crumbles mixture into each ungreased steam table pan.
- 4 Sprinkle 1/2 cup parmesan cheese evenly over crumbles mixture in each pan.
- 5 Using a convection oven, bake at 325 F. 15 to 20 minutes on high fan, open vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 6 Distribute 2 cups shredded mozzarella cheese evenly over parmesan cheese in each pan. Bake an additional 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

**Notes**

1. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as "Italian Rice and Beef (vegetarian)". Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey. Vegetarian items are items that would be vegan items but that contain eggs or dairy or honey.
2. Alternatives: If Green Bell peppers are not available, can substitute with equal amount of red or yellow or orange bell peppers.
3. Alternatives: If garlic powder is not available substitute 1/2 cup of garlic powder with 1/2 cup minced fresh garlic.
4. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.