

Category:Southwestern Rice (White Rice)

E-508-00

Cereals, Rices and Pasta Products

G4G Color Code

yellow

Sodium Code

moderate

Yield

100 Portions

Each Portion

$\frac{3}{4}$ cup (5-T oz)

Pan Size and Number

12 x 20 x 4-inch Steam Table Pans (3)



Ingredients

Item	Measure	Weight	Approx Issue
PEPPERS, GREEN, FRESH, CHOPPED $\frac{1}{4}$ -INCH	1 qt + 1- $\frac{1}{2}$ cups	1 lb 13 oz	3 lb 13 oz
ONIONS, YELLOW, FRESH, CHOPPED $\frac{1}{4}$ -INCH	1 qt + 1- $\frac{1}{2}$ cups	1 lb 11 oz	1 lb 14 oz
OIL, VEGETABLE, CANOLA	1- $\frac{1}{2}$ cup	12 oz	
RICE, LONG GRAIN, PARBOILED	1 gal + 2 cups	7 lb 5 oz	
TOMATOES, CANNED, DICED, DRAINED	2 qt + 3 cups	5 lb 13 oz	1- $\frac{1}{2}$ No. 10 cans
BEANS, BLACK, CANNED, DRAINED, RINSED	1 qt + 2 cups	2 lb 5 oz	$\frac{1}{2}$ No. 10 can
CORN, FROZEN, WHOLE KERNEL	1 qt + 2- $\frac{1}{2}$ cups	1 lb 14 oz	
SALT	$\frac{1}{2}$ cup	3 oz	
PEPPERS, JALAPENO, CANNED, FINELY CHOPPED, DRAINED	$\frac{1}{2}$ cup	2 oz	
CHILI POWDER	$\frac{1}{2}$ cup	1 oz	
GARLIC, GRANULATED	2 tbsp	0.69 oz	
CUMIN	3 tbsp	0.63 oz	
PEPPER, BLACK, GROUND	2 tbsp	0.43 oz	
		18 lb 4	

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. Sauté onions and green peppers in oil in a steam-jacketed kettle or stock pot for 4 to 6 minutes or until tender; stir constantly.
3. Add rice and cook 10 minutes or until lightly browned; stir occasionally.
4. Remove from heat. Transfer about 8-½ cups (3 lb 8 oz) of rice-onion mixture to each (12 x 20 x 4-inch) steam table pan.
5. In a large mixing bowl, combine tomatoes, black beans, corn, salt, jalapeno peppers, chili powder, granulated garlic, cumin, and black pepper; mix well. Add 10 cups (4 lb 2 oz) tomato-corn mixture to rice-onion mixture in each pan; stir.
6. Pour 2 qt + 3.5 cups (6 lb) boiling water over rice-tomato mixture in each pan; stir.
7. Bake covered on convection mode at 350°F (177°C) for 35 to 40 minutes on low fan, open vent. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
8. Add 1 cup (1.1 oz) of fresh chopped cilantro into each pan; hot service at 135°F (57°C).

Temperature

350°F (177°C)

Time

50 min.

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. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
3. Original recipe number: E-508-01

Nutrition Facts

Calories	169
Carbohydrates	30 g
Sugars*	2 g
Protein	4 g
Fat	4 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	471 mg
Calcium	43 mg
Fiber	2.8 g