

Category:Southwestern Rice (Brown Rice)

E-508-01

Cereals, Rices and Pasta Products

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

$\frac{3}{4}$ cup (6 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 + 2 cups	2 lb	4 lb 3 oz
ONIONS, YELLOW, FRESH, CHOPPED $\frac{1}{4}$ -INCH	1 qt + 2 cups	1 lb 14 oz	2 lb 1 oz
OIL, VEGETABLE, CANOLA	1- $\frac{3}{4}$ cup	13 oz	
RICE, BROWN LONG GRAIN, PARBOILED	1 gal + 1 qt	7 lb 12 oz	
TOMATOES, CANNED, DICED, DRAINED	3 qt	6 lb 5 oz	1- $\frac{3}{5}$ - No. 10 cans
BEANS, BLACK, CANNED, DRAINED, RINSED	1 qt + 3 cups	2 lb 11 oz	$\frac{5}{8}$ - No. 10 can
CORN, FROZEN, WHOLE KERNEL	2 qt	2 lb 3 oz	
SALT	$\frac{1}{4}$ cup + 2- $\frac{3}{5}$ tbsp	4- $\frac{1}{4}$ oz	
PEPPERS, JALAPENO, CANNED, FINELY CHOPPED, DRAINED	$\frac{1}{2}$ cup	3- $\frac{1}{2}$ oz	
CHILI POWDER	$\frac{1}{4}$ cup + 2- $\frac{3}{5}$ tbsp	2 oz	
GARLIC, GRANULATED	3 tbsp	1 oz	
CUMIN	3- $\frac{1}{2}$ tbsp	0.64 oz	
PEPPER, BLACK, GROUND	3 tbsp	0.64 oz	

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; stirring constantly.
3. Add rice and cook 10 minutes or until lightly browned; stirring occasionally.
4. Remove from heat. Transfer about 9 cups (3 lb 11 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 3 qt + 3 cups (7 lb 13oz) boiling water over rice-tomato mixture in each pan; stir.
7. Bake covered on convection mode at 350°F (177°C) for 50 to 55 minutes on low fan, open vent. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
8. Add ¾ cup (1-¾ oz) of fresh chopped cilantro into each pan; toss well. Cover. CP: Hold for hot service at 135°F (57°C).

Temperature

350°F (177°C)

Time

70 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-508-00

Nutrition Facts

Calories	204
Carbohydrates	36 g
Sugars*	2 g
Protein	4 g
Fat	5 g
Saturated Fat	0.6 g
Cholesterol	0 mg
Sodium	581 mg
Calcium	33 mg
Fiber	3.2 g