

Fiesta Rice & Beans Bowl



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Optional Garnishes: Black olives, drained Jalapenos, sliced, canned Onion, diced Cilantro, fresh		½ - #10 can ½ - #10 can 2 lbs. garnish		1 - #10 can 1- #10 can 4 lbs. garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 20 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion one #8 scoop (1/2 cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture.

Garnish with optional olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side.

Fiesta Rice & Beans Bowl

ADAPTED FROM SARASOTA COUNTY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and 1/8 cup red/orange vegetable.

Nutrition Information *From USDA Nutrient Database

Calories: 326 Total Fat: 3g Saturated Fat: 1g Carbohydrate: 64g (8g Fiber) Protein: 12g Sodium: 345mg