

# Rena's Brown Rice

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Rena is from Ecuador, and she knows rice! This is similar to what Rena makes at home but she uses fresh onion and fresh garlic. Feel free to add a large spoonful of recipe 4.1 Amarilis's Sofrito to each pan of rice when mixing the rice with the water at the start.  
15<sup>2</sup>/<sub>3</sub> cups dry long-grain brown rice (6<sup>1</sup>/<sub>4</sub> pounds dry)

2 tablespoons garlic powder  
(or 6 tablespoons minced  
fresh garlic)  
2 tablespoons onion powder  
1 tablespoon Spanish paprika  
1 tablespoon salt  
½ cup vegetable oil  
34½ cups hot water

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: ½ CUP**

Preheat a convection oven to 350°F or a conventional oven to 400°F.

Divide the rice into two 4-inch hotel pans—in equal portions, 9 cups for each hotel pan.

Divide spices and oil in half and add one-half to the rice in each hotel pan.

Divide the water in half and add one-half to each hotel pan (13½ cups water in each pan). Spray the edges of the hotel pans with pan-release spray, cover with plastic, and then foil.

Bake at 350°F for 1½ to 2 hours or until the rice is tender.

## **NUTRITIONAL INFORMATION**

CALORIES: 116; SODIUM: 74.77 MG; SATURATED FAT: 2.6%

## **USDA REQUIREMENTS MET**

1 OUNCE EQUIVALENT WHOLE GRAIN