



## Recipe Production

**Recipe Number:** HK2267

**Recipe Name:** Seasoned Brown Rice

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Same Day

**Serving Description:** 2/3 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2/3 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2500	BEANS BLACK 6/10	1	Gal.	2	Quart	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	10	Tbsp			(Unassigned)
2579	PEPPER RED 25 LB	5	Pound, chopped			(Unassigned)
SI301	RICE BROWN STEAM BULK	4	Pound	10 2/3	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	3	Tbsp	1	tsp	(Unassigned)
9603	ONION POWDER	1	Tbsp	2	tsp	(Unassigned)
1112	SPICE GARLIC GRANULATED 25 LB	5	tsp			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Sourced via partnership with the CIA Healthy Kids Collaborative

- 1) Prepare brown rice according to sub - recipe.
- 2) Combine beans, peppers and oil in a saucepan. Cook over medium heat until CCP - Minimum internal temperature should be 140 degrees F. or above.

**Preparation Instructions**

- 3) Combine cooked beans with cooked rice
- 4) Season hot rice and bean mixture with salt, onion powder and granulated garlic.

**Serving Instructions**

CCP - Hold hot (140 degrees F. or above) for service.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	10,352.5068	93.0327	103.5251		
Saturated Fat	g	24.1362	0.2169	0.2414	2.10	
Sodium	mg	52,271.5872	469.7381	522.7159		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	166.5055	1.4963	1.6651	14.48	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,759.9641	15.8159	17.5996	68.00	
Total Dietary Fiber	g	420.0194	3.7745	4.2002		
Protein	g	429.0329	3.8555	4.2903	16.58	
Vitamin A (RE)	RE	14,250.0018	128.0575	142.5000		
Vitamin A (IU)	IU	78,274.9988	703.4175	782.7500		
Vitamin C	mg	3,195.4968	28.7163	31.9550		
Calcium	mg	2,587.2281	23.2501	25.8723		
Iron	mg	72.8315	0.6545	0.7283		
Moisture	g	8,492.8375	76.3208	84.9284		
Ash	g	205.9091	1.8504	2.0591		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2500	BEANS BLACK 6/10	1.00	(Unassigned)	2	0.00	CAN (111 OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	5	0.51	LB	/
SI301	RICE BROWN STEAM BULK	1.00	(Unassigned)	4	0.40	1 POUND	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/
9603	ONION POWDER	1.00	(Unassigned)	0	0.02	Bag (19 oz)	/
1112	SPICE GARLIC GRANULATED 25	1.00	(Unassigned)	0	0.04		/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

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