



Mexican Rice (Brown, Conventional, Oven)

E-011-52

Cereals, Rices and Pasta
Products

G4G Color Code

Green

Sodium Code

Moderate

Temperature

350°F

Yield

100 Portions

Each Portion

¾ cup (6-½ oz)

Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 4-Inch
Steam Table Pan (3)

Time

1 hr. 15 min.

Nutrition Facts

Calories 212
 Carbohydrates 38 g
 Sugars* 2 g
 Protein 5 g
 Fat 5 g
 Saturated Fat 0.5 g
 Cholesterol 0 mg
 Sodium 404 mg
 Calcium 33 mg
 Fiber 3.5 g

Ingredients

Item	Measure	Weight	Approx issue
BEANS, BLACK, CANNED, DRAINED, RINSED	2-½ qt	4 lb 4 oz	1 - No. 10 can
TOMATOES, CANNED, DICED	3 qt	6 lb 6 oz	1 - No. 10 can
CORN, FROZEN, WHOLE KERNEL	1-½ qt	1 lb 11 oz	
PEPPERS, JALAPENO, CANNED, DRAINED, MINCED	3 tbsp	1-½ oz	
SALT	¼ cup	2-½ oz	
CUMIN, GROUND	¼ cup	1 oz	
GARLIC, GRANULATED	1 tbsp +1 tsp	½ oz	
PEPPER, BLACK, GROUND	2 tbsp	½ oz	
OIL, VEGETABLE, CANOLA	1-¾ cups	12-¾ oz	
ONIONS, FRESH, CHOPPED ½-INCH	1-½ qt	2 lb	2 lb 4 oz
PEPPERS, GREEN, FRESH, CHOPPED ½-INCH	1-½ qt	2 lb	2 lb 7 oz
RICE, LONG GRAIN, BROWN	1-¼ gal	8 lb 10 oz	
WATER, BOILING	2-¾ gal	23 lb	

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. Drain and rinse black beans. Combine beans, tomatoes, corn, jalapeno peppers, salt, cumin, granulated garlic and black

- pepper; mix well. Hold under refrigeration for use in Step 6.
3. Sauté onions and peppers in oil in a steam-jacketed kettle or stockpot for 5 to 7 minutes until tender.
 4. Add brown rice to vegetable mixture; cook, until lightly browned, assuring that the rice grains are evenly coated with the oil, stirring periodically for about 10 minutes.
 5. Transfer about 4 lb (2-½ qt) of rice-vegetable mixture to each of three (12 x 20 x 4-inch) steam table pans
 6. Add 4 lb 4 oz (7-½ cups) of bean-tomato mixture to each of three (12 x 20 x 4-inch) pans of rice-vegetable mixture; stir.
 7. Pour 7 lb (3-½ qt) of boiling water over rice vegetable mixture in each pan; stir well. Cover tightly.
 8. Using a convection oven, bake covered at 350°F (177°C) on high fan, closed vent for 1 hour until the brown rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
 9. Fluff rice lightly with fork before serving; cover. CP: Hold for hot service at 135°F (57°C) or higher.

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
3. Original recipe number: E-011-00