



## Mexican Rice (Brown, Long Grain, SJK)

E-011-53

Cereals, Rices and Pasta Products

G4G Color Code

Green

Sodium Code

Moderate

Time

1 hour

Yield

100 Portions

Each Portion

¾ cup (5-¾ oz)

Pan Size and Number

Steam-jacketed Kettle

### Nutrition Facts

Calories 204  
 Carbohydrates 37 g  
 Sugars\* 2 g  
 Protein 5 g  
 Fat 5 g  
 Saturated Fat 0.5 g  
 Cholesterol 0 mg  
 Sodium 404 mg  
 Calcium 32 mg  
 Fiber 3.4 g

### Ingredients

| Item                                       | Measure       | Weight     | Approx issue   |
|--|---------------|------------|----------------|
| BEANS, BLACK, CANNED, DRAINED, RINSED      | 2-½ qt        | 4 lb 4 oz  | 1 - No. 10 can |
| OIL, VEGETABLE, CANOLA                     | 1-½ cups      | 11-½ 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      |
| 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       |                |
| RICE, LONG GRAIN, BROWN                    | 1-¼ gal       | 8 lb 10 oz |                |
| 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     |                |
| 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. Set aside for use in Step 5.

3. Sauté onions and peppers in oil in a steam-jacketed kettle or stockpot for 5 to 7 minutes until tender. Add the salt, cumin, granulated garlic and black pepper to the sautéed vegetable mixture; stir the seasonings evenly into the sautéed vegetable mixture.
4. Add brown rice to vegetable mixture; mix well to ensure that the rice grains are evenly coated with the oil. Cook for 10 minutes, until lightly browned, stirring periodically.
5. Add reserved beans, tomatoes, corn, jalapeno peppers and water to rice mixture; stir well.
6. Bring the rice mixture to a boil; stir well to assure that the rice does not stick to the bottom of the steam-jacketed kettle; reduce heat to a simmer; cover tightly. Simmer 40 to 45 minutes 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.
7. Transfer rice mixture to serving pans; cover.
8. 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-011-03