



Mexican Rice (Brown, Long Grain, Tilt Skillet)

E-011-54

Cereals, Rices and Pasta
Products

G4G Color Code

Green

Sodium Code

Moderate

Time

55 min.

Yield

100 Portions

Each Portion

¾ cup (5-¾ oz)

Pan Size and Number

Tilt Skillet

Nutrition Facts

Calories 205
 Carbohydrates 37 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 3.4 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, PARBOILED	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	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 350°F (177°C) tilt skillet for 5 to 7 minutes until tender. Add the salt, cumin, granulated garlic and black pepper to the 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 constantly to prevent the seasonings from sticking to the skillet and burning.
5. Add reserved beans, tomatoes, corn, jalapeno peppers and water to rice mixture; stir well.
6. Bring the rice mixture to a boil; reduce the heat to a simmer (190°F/88°C); stir well. Close the tilt skillet cover; simmer 30 to 35 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-011-05