

Southwest Vegetable Stuffed Peppers (Brown Rice)

T-176-00

Meatless Entree

G4G Color Code

Green

Sodium Code

Low

Temperature

400°F/325°F

Yield

100 Portions

Each Portion

1 Half Pepper (12 oz) + 2 tbsp Salsa (1 oz)

Pan Size and Number

12 x 20 x 2-½-Inch Perforated Steam Table Pans (8), 12 x 20 x 2-½-Inch Steam Table (8)

Time

Salsa 17 min., Peppers 65 min.

Nutrition Facts

Calories 450

Carbohydrates 78 g

Sugars* 12 g

Protein 16 g

Fat 14 g

Saturated Fat 5.1 g

Cholesterol 21 mg

Sodium 599 mg

Calcium 230 mg

Fiber 12 g

Ingredients

Salsa

Item	Measure	Weight	Approx issue
PEPPERS, BELL, FRESH, RED, WHOLE		9 lb	9 lb
TOMATOES, FRESH, PLUM, WHOLE		7 lb 11 oz	7 lb 11 oz
TOMATILLOS, FRESH, HUSKS REMOVED, WHOLE		6 lb	6 lb 4 oz
GARLIC, FRESH, WHOLE CLOVES, PEELED		12 oz	
OIL, VEGETABLE, CANOLA	1 cup	7-¼ oz	
LIME, JUICE, FRESH	½ cup	4-⅞ oz	
PEPPERS, JALAPENO, CANNED, DRAINED, MINCED	1-⅓ cups	9-½ oz	
CILANTRO, FRESH, CHOPPED	2 cups	1-¾ oz	2-⅓ oz
SALT	1 tbsp + 1 tsp	0.86 oz	
PEPPER, BLACK, GROUND	2 tsp	0.16 oz	

Peppers

Item	Measure	Weight	Approx issue
PEPPERS, BELL, FRESH, GREEN, LG/STUFFING		34 lb	42 lb
RICE, LONG GRAIN, BROWN	1-½ gal	11 lb 3oz	
WATER	3-¾ gal	30 lb	
CORN, CANNED, WHOLE KERNEL, DRAINED	1 gal + 1-½ qt	8 lb 15 oz	2 - No. 10 cans
BEANS, BLACK, CANNED, DRAINED	1 gal + 1-½ cups	8 lb	1¾ - No. 10 cans
TOMATOES, FRESH, DICED ½-INCH	2 qt + ⅔ cup	4 lb	4 lb 4 oz
ONIONS, FRESH, DICED ¼-INCH	2 qt	3 lb	3 lb 5 oz

OIL, VEGETABLE, CANOLA	1 cup	7-¼ oz	
PARSLEY, FRESH, TRIMMED, CHOPPED	2 cups	4-¼ oz	4-¾ oz
CHILI POWDER, DARK, GROUND	¾ cup	3-⅛ oz	
SALT	2 tbsp + 2 tsp	1-¾ oz	
CUMIN, GROUND	¼ cup	1 oz	
PEPPER, BLACK, GROUND	2 tbsp + 2 tsp	0.65 oz	
GARLIC, GRANULATED	1 tbsp	0.37 oz	
PEPPER, RED, GROUND	2 tsp	0.12 oz	
CHEESE, CHEDDAR, SHREDDED	1 gal + 2 cups	4 lb 8 oz	
WATER, HOT	2 qt	4 lb	

Directions

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.

For Salsa:

1. In a mixing bowl, place bell peppers, tomatoes, tomatillos and garlic. Drizzle with oil and toss to coat; evenly transfer bell peppers and tomatoes to each (18 x 26-inch) sheet pan. Reserve tomatillos and garlic for use in Step 2. Using a convection oven, roast peppers and tomatoes at 400°F (204°C) on high fan, open vent for 7 minutes.
2. Remove peppers and tomatoes from oven. Add the reserved tomatillos and garlic evenly to the pans. Return pans to oven. Roast vegetables for an additional 8 to 10 minutes or until vegetables are tender and skin can easily peel from peppers. Remove pans from oven.
3. Allow vegetables to cool slightly; remove the core from the tomatoes and tomatillos, peel skin off of the peppers and remove the stems and seeds.
4. Place all roasted vegetables into a food processor and pulse for 1 minute or until smooth. Add the lime juice, jalapeno peppers, cilantro, salt and black pepper; pulse for an additional 30 seconds. Remove salsa from processor.
5. CP: Refrigerate salsa at 41°F (5°C) until ready to serve.

For Peppers:

1. Cut each green pepper in half lengthwise; remove the core and seeds.
2. Place 14 to 15 peppers in each (12 x 20 x 2-½-inch) perforated steam table pan. Place pans in steamer and steam-cook peppers for 5 minutes until just tender.
3. Bring water to a boil in a steam-jacketed kettle or stock pot; add brown rice and stir; bring to a simmer and cook with a tightly fitting lid for 40 minutes until the rice is tender and the water is absorbed. CCP: Rice must reach 135°F (57°C) for 15 seconds. Transfer rice to a large mixing bowl.
4. Add corn, beans, tomatoes, onions, oil, parsley, chili powder, salt, cumin, black pepper, granulated garlic, red pepper and cheese to rice. Mix lightly but thoroughly.
5. Fill each pepper with ¾ cup (6-¾ oz) vegetable-rice mixture. Place 14 to 15 peppers in each (12 x 20 x 2-½-inch) steam table pan.
6. Pour 1 cup of hot water around peppers in each pan.
7. Cover with foil; using a convection oven, bake at 325°F (163°C) on high fan, closed vent for 40 minutes or until thoroughly heated. CCP: Internal temperature must reach 145°F (63°C) for 15 seconds. CP: Hold for hot service at 135°F (57°C).

Recipe Notes

1. In Salsa Step 4, 2 oz (½ cup) bottled lime juice, per 100 portions, may be substituted for fresh lime juice.
2. In Peppers Step 4, recommend using sharp cheddar cheese if available.
3. In Peppers Step 8, 6 lb 4 oz (12-½ cups) prepared salsa, per 100 portions, may be substituted for fresh salsa. This salsa is worth the effort, but if circumstances are such that it is not possible to make it, try to choose a fine textured RTU salsa verses a chunky one.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.