



## Islander's Rice (White, Oven)

E-016-50

Cereals, Rices and Pasta Products

Color Code: Green

Sodium: Moderate

Yield: 100 Portions

Each Portion:  $\frac{3}{4}$  cup (5- $\frac{1}{3}$  oz)

Pan Size and Number: 12 x 20 x 4-Inch Steam Table Pans (3)

Temperature: 350°F (177°C)

Time: 48 - 53 min.

## INGREDIENTS

Item	Measure	Weight	Approx issue
WATER, WARM	1 gal + 3- $\frac{1}{2}$ qt	15 lb 10 oz	
BASE, VEGETABLE, LOW SODIUM	$\frac{1}{2}$ cup	5 oz	
PEPPER, BELL, GREEN, DICED $\frac{1}{2}$ -INCH	2- $\frac{3}{4}$ qt	2 lb 15 oz	3 lb 11 oz
ONION, YELLOW, DICED $\frac{1}{2}$ -INCH	1- $\frac{1}{2}$ qt	1 lb 12 oz	2 lb
GARLIC, MINCED, IN WATER	1- $\frac{1}{2}$ cup	9 oz	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
THYME, LEAVES, DRIED	$\frac{1}{4}$ cup	0.55 oz	
ALLSPICE, GROUND	2 tbsp	0.45 oz	
OREGANO, LEAVES, DRIED	$\frac{1}{4}$ cup	0.38 oz	
PEPPER, CAYENNE, GROUND	1 tsp	0.08 oz	
OIL, CANOLA	$\frac{3}{4}$ cup	6 oz	
BEANS, KIDNEY, CANNED, DRAINED, RINSED	1- $\frac{1}{2}$ gal	8 lb 11 oz	1- $\frac{7}{8}$ -No. 10 can
RICE, WHITE, LONG GRAIN, PARBOILED, DRY	3- $\frac{1}{2}$ qt	5 lb 11 oz	
PIMENTO, DICED, CANNED, DRAINED	1- $\frac{1}{4}$ qt	2 lb 3 oz	

## DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice bell pepper and onion to  $\frac{1}{2}$ -inch.
2. Preheat tilt skillet to 350°F (177°C). Preheat oven to 350°F (177°C).
3. Reconstitute vegetable base with warm water.

4. Sauté bell pepper, onion, garlic, salt, thyme, allspice, oregano and cayenne in oil for 8 to 10 minutes until vegetables are tender and spices are evenly distributed.
5. In each steam table pan add 2 qt (2 lb 14 oz) beans, 1 qt +  $\frac{2}{3}$  cup (1 lb 14 oz) rice and 1- $\frac{2}{3}$  cup (12 oz) pimentos.
6. Evenly distribute cooked vegetable mixture among the steam table pans. Add 2- $\frac{1}{2}$  qt (5 lb 3 oz) vegetable broth, stir well.
7. In an oven, on convection mode, bake covered at 350°F (177°C) for 40 to 43 minutes. CCP: Internal temperature must reach 135°F (57°C).
8. Serve immediately or CP: hold hot at 135°F (57°C).

## RECIPE NOTES

---

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
3. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

---

Calories	160
Carbohydrates	30 g
Sugars*	2 g
Protein	5 g
Fat	2 g
Saturated Fat	0.3 g
Sodium	390 mg
Calcium	17 mg
Fiber	2.6 g



Combat Capabilities Development Command-Soldier Center // U17-238