

ITALIAN RICE BAKE (RISO AL FORNO)

This baked rice dish from the Campania region of Italy, layers rice, tomato, beef, and cheese. Similar to lasagna but without wheat pasta, a perfect gluten-free main dish.

ONE PORTION (TWO #10 SCOOPS) PROVIDES:

1 oz. eq. whole grain, 2 oz. eq. meat/meat alternate, ½ cup vegetable



INGREDIENTS	24 SERVINGS	48 SERVINGS	DIRECTIONS
Beef crumbles, cooked OR Beef, ground, 20% fat, raw -	1 ¾ pounds OR 2 pounds	3 ½ pounds OR 4 pounds	<ol style="list-style-type: none"> Preheat oven to 350 °F Spray a 4-inch steamtable pan with pan spray. Use one pan for 48 servings. In a large bowl, mix together beef crumbles, diced tomatoes, tomato puree, stock (or water), and seasonings. Stir well to combine. <p>NOTE: If using raw ground beef, brown ground beef, breaking into ½ -inch crumbles and stirring occasionally until internal temperature reaches 165 °F. Remove drippings. <i>CCP: Heat to 165 °F or higher for at least 15 seconds.</i></p> <ol style="list-style-type: none"> Place mixture in steamtable pan. Add rice and half of each cheese. Stir gently to combine. Cover tightly. Bake for 90 minutes. <i>CCP: Heat to 135 °F for at least 15 seconds.</i> Remove from oven and top with remaining cheese. Let sit in warmer, covered for 15 minutes to melt cheese. Hold warm, covered, until service. <i>CCP: Hold warm, above 135 °F for service.</i>
Tomatoes, diced, canned, low sodium	36 ounces	72 ounces	
Tomato puree, canned, low sodium	35 ounces	70 ounces	
Vegetable stock or water	2 cups	1 quart	
Seasoning, Italian, salt free	2 tablespoons	¼ cup	
Red pepper flakes, crushed	1 teaspoon	2 teaspoons	
Garlic, granulated	1 tablespoon	2 tablespoons	
Salt, kosher	½ teaspoon	1 teaspoon	
U.S.-grown Rice, brown, long-grained, parboiled, dry	25 ounces	3 ¼ pounds	
Cheese, mozzarella, part-skim, shredded	1 ¼ pound	2 ½ pounds	
Cheese, parmesan, shredded	4 ounces	½ pound	

NUTRITION INFORMATION

1 serving = 2= #10 scoops (approximately ¾ cup)

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	310		Total Carbohydrate	36	(g)
Total Fat	11	(g)	Dietary Fiber	2	(g)
Saturated Fat	5	(g)	Added Sugars	0	(g)
Cholesterol	30	(mg)	Vitamin D	0	(IU)
Sodium	470	(mg)	Calcium	261	(mg)
Protein	18	(g)	Iron	2	(mg)

NOTES

1 serving is two #10 scoops (approximately ¾ cup)

YIELD/VOLUME

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)

Recipe Name: Italian Rice Bake

Servings per Recipe: 48

Recipe Number:

Serving Size: 1 scoop

Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{1}{2}$ cup
	Meats/Meat Alternates		2.00 oz eq
	Grains		1.00 oz eq

1 scoop provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{2}$ cup red/orange vegetable), 2.00 oz eq meat/meat alternate, 1.00 oz eq grains

NOTE: Total creditable amount cannot exceed the serving size of the product.

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Tomato Products canned, Tomato Puree, Not less than 8% but less than 24% Natural Tomato Soluble Solids (NTSS)	No. 10 Can (106 oz)	96.00	2 tablespoons puree (1/4 cup vegetable)	1 No. 10 can = 12 cups puree, 1 No. 10 can tomato puree plus one can water = 24 cups single strength tomato juice	0.6600	0.0000	0.6600
Tomatoes, canned, Diced, Includes USDA Foods	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice	0.7050	0.0000	0.7050

Meats/Meat Alternates

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Beef, Ground, fresh or frozen, no more than 20% fat, Includes USDA Foods, (Like IMPS #136)	Pound	11.80	1 oz cooked lean meat	1 lb AP = 0.74 lb cooked, drained, lean meat	4.0700	0.0000	4.0700
Beef, Ground, fresh or frozen, no more than 15% fat, (Like IMPS #136)	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat	0.0000	0.0000	0.0000
Cheese, American, Cheddar, Mozzarella, or Swiss, Natural or Process, Includes USDA Foods	Pound	16.00	1 oz Cheese	1 lb AP = about 4 cups shredded cheese; 1 lb AP = about 2 cups cubed cheese	3.0000	0.0000	3.0000

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500