



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-8: ½ cup
9-12: ½ cup

ONE SERVING PROVIDES:

K-8: 1 G + ⅛ red/orange V
9-12: 1 G + ⅛ red/orange V

NUTRIENTS PER SERVING:

Calories 287, Protein 7 g, Carbohydrate 59 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0, Vitamin A 107 RE, Vitamin C 4 mg, Iron 2 mg, Calcium 4 mg, Sodium 182 mg, Dietary Fiber 4 g

Recipe developed for USA Rice Federation by Chef Cyndie Story, PhD, RD, CC

Spanish Brown Rice

INGREDIENTS

- Onions, fresh, diced
- Vegetable oil
- Tomato sauce
- Water
- Brown rice, parboiled, uncooked
- Garlic powder
- Cumin
- Paprika
- Salt
- Hot sauce, prepared
- Green chilies, canned, drained

	50 SERVINGS		100 SERVINGS	
	WEIGHT	MEASURE	WEIGHT	MEASURE
Onions, fresh, diced	10 oz	2 cups	1 lb 4 oz	4 cups
Vegetable oil	-	2 tsp	-	4 tsp
Tomato sauce	-	2 qt	-	1 gal
Water	-	1 gal	-	2 gal
Brown rice, parboiled, uncooked	3 lb 12 oz	-	7 lb 8 oz	-
Garlic powder	-	2 tbsp	-	4 tbsp
Cumin	-	2 tbsp	-	4 tbsp
Paprika	-	2 tbsp	-	4 tbsp
Salt	-	2 tsp	-	1 tbsp 1 tsp
Hot sauce, prepared	-	¼ cup	-	½ cup
Green chilies, canned, drained	-	½ cup	-	1 cup

DIRECTIONS

1. Lightly coat full size 2-inch steam table pan with food release spray. For 50 servings, use 2 pans. For 100 servings use 4 pans.
2. Sauté onions in vegetable oil until softened.
3. Pour 1 qt tomato sauce and 2 qt water into each pan. Whisk together.
4. Add 1 lb 14 oz of uncooked brown rice to each pan.
5. Combine garlic powder, cumin, paprika, and salt. Add 1 tbsp and 1 tsp of spice mixture to each pan.
6. Add 2 tbsp of hot sauce, 1 cup of cooked onions, and ¼ cup green chilies to each pan. Whisk together to combine.
7. Steam for approximately 25 minutes, or until the rice is al dente. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
8. Fluff with utensil and cover with plastic wrap.
9. Serve ½ cup using a No. 8 scoop. Critical Control Point: Hold for service at 135°F or higher.

Hungry for more recipes?
www.menurice.com/k-12

