



Serving Size and Nutrients Per Serving

SERVING SIZE:

K-12: ½ cup

ONE SERVING PROVIDES:

K-12: ½ oz M/MA + 1 G + ¼ cup dark green V + ⅛ cup other V

NUTRIENTS PER SERVING:

Calories 246, Protein 14 g, Carbohydrate 32 g, Total Fat 8 g, Saturated Fat 3 g, Cholesterol 0, Vitamin A 662 RE, Vitamin C 6 mg, Iron 2 mg, Calcium 290 mg, Sodium 470 mg, Dietary Fiber 5 g

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

Spinach and Rice Rumble

INGREDIENTS

Spinach, frozen, chopped, thawed, drained well	9 lb	-	18 lb	-
Onions, fresh, diced	1 lb 8 oz	5 cups	3 lb	10 cups
Vegetable oil	-	4 oz	-	8 oz
Cream of mushroom soup, condensed, canned, reduced fat & sodium	-	76 oz	-	152 oz
Water	-	5 qt 1 pint	-	2 gal 1 qt
Mushrooms, canned, sliced, drained	1 lb 8 oz	-	3 lb	-
Garlic powder	-	2 tbsp	-	4 tbsp
Pepper	-	1 tbsp	-	2 tbsp
Dried parsley	-	6 tbsp	-	12 tbsp
Lemon juice	-	3 tbsp	-	6 tbsp
Mozzarella cheese, grated	1 lb 4 oz	-	2 lb 8 oz	-
Parmesan cheese, grated	6 oz	-	12 oz	-
Brown rice, parboiled, uncooked	2 lb 8 oz	-	5 lb	-
Wild rice, uncooked	12 oz	-	1 lb 8 oz	-

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
9 lb	-	18 lb	-
1 lb 8 oz	5 cups	3 lb	10 cups
-	4 oz	-	8 oz
-	76 oz	-	152 oz
-	5 qt 1 pint	-	2 gal 1 qt
1 lb 8 oz	-	3 lb	-
-	2 tbsp	-	4 tbsp
-	1 tbsp	-	2 tbsp
-	6 tbsp	-	12 tbsp
-	3 tbsp	-	6 tbsp
1 lb 4 oz	-	2 lb 8 oz	-
6 oz	-	12 oz	-
2 lb 8 oz	-	5 lb	-
12 oz	-	1 lb 8 oz	-

DIRECTIONS

1. Thaw frozen spinach in refrigerator overnight by placing frozen spinach in 2-inch perforated pan inside solid pan to drain.
2. Spray each 2-inch full size steamtable pan with food release. For 50 servings use 2 pans, for 100 servings use 4 pans.
3. Rinse onions under running water.
4. Dice onions, or use frozen diced onions.
5. Sauté diced onions in vegetable oil until translucent and beginning to turn golden brown.
6. Wearing gloves, press and squeeze liquid out of thawed spinach (Every 4 ½ lb should equal 2 lb 12 oz after water is removed)
7. Batch-mix each pan separately. In large mixing bowl, combine 38 oz condensed cream of mushroom soup and 2 ¾ qt water. Mix well.
8. Add 2 lb 12 oz spinach, approximately 2 cups sautéed onions, 12 oz mushrooms, 1 tbsp garlic powder, 1 ½ tsp pepper, 3 tbsp dried parsley and 1 ½ tbsp lemon juice. Stir to combine ingredients.
9. Add 10 oz mozzarella cheese, 3 oz parmesan cheese, 20 oz brown rice and 6 oz wild rice to soup mixture. Using a whisk, stir well to combine ingredients.
10. Pour 1 ½ gal into each prepared steamtable pan.
11. Bake uncovered at 325°F for approximately 45-60 minutes or until golden brown and rice is al dente. Critical Control Point: Heat to 165°F or higher for at least 15 seconds. Critical Control Point: Hold for service at 135°F or higher.
12. Serve ½ cup portions using a #8 scoop.

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

