

# Fiesta Rice & Beans Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

**Yield:** **50 Servings** **100 Servings**

**Skill Level: Intermediate**

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½-#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
<b>Optional Garnishes</b> Romaine lettuce Black olives, drained Jalapenos, sliced, canned Onion, diced Cilantro, fresh		2 lbs. 6 oz. ½ - #10 can ½ - #10 can 2 lbs. garnish		4 lbs. 12 oz. 1 - #10 can 1 - #10 can 4 lbs. garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

## Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

\*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



# Fiesta Rice & Beans Bowl Continued

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## Serving Information

Portion one #8 scoop (1/2 cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture. Garnish with optional lettuce, olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side. Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, 1/4 cup starchy vegetable and 1/8 cup red/orange vegetable.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg  
Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

## Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

## Serving Information for Childcare Programs

In the classroom, portion 1/4 cup of rice with 1/2 cup bean and corn mixture over the rice on each plate. Top with optional garnishes and 1/2 ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 1/2 oz. equivalent grains and 1/4 cup vegetables.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg  
Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

## Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

