

Spanish Rice

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
Brown rice, long grain, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 ½ gallons		3 gallons
Diced Tomatoes, canned with juice		¾ gallon + 1 pint		1 ¾ gallons
Cumin, ground		½ cup		1 cup
Chili Powder		2 ½ Tbsp.		1/3 cup
Oregano, dried		2 ½ Tbsp.		1/3 cup
Garlic Powder		1/2 tsp		1 tsp
Black Pepper, ground		¾ tsp		1 ½ tsp
Cayenne Pepper, ground		¾ tsp		1 ½ tsp

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Combine all ingredients and divide into 4 – 12x20x2 ½ steamtable pans (2 pans for 50 servings).
2. Cover the pans and steam for 30-40 minutes or until tender.

Alternative cooking methods

- a. Boil water and pour over rice, tomatoes and spices. 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: Heat to a temperature of 140°F for 15 seconds.

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

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

Serving Information

Portion rice with 2 - #8 scoops (1 cup) to provide 2 ounce grain equivalents.

OR

Portion rice with 1-#8 scoop (1/2 cup) to provide 1 ounce grain equivalents.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 241 Total Fat: 2g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 50g Fiber: 5g Total Sugar: 4g Protein: 6g Sodium: 114mg Vitamin A: 37µg
Vitamin C: 19mg Calcium: 61mg Iron: 2mg Folate: 26µg



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