

TOSSED GREEN RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	33 g	3 g	2 g	0 mg	217 mg	34 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER, COLD	23 lbs	2 gal 3 qts	
SALT	1-7/8 oz	3 tbsp	
OIL, SALAD	1-1/2 oz	3 tbsp	
ONIONS, GREEN, FRESH, SLICED	1-1/3 lbs	1 qts 2 cup	1-1/2 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
OIL, SALAD	3-7/8 oz	1/2 cup	
PARSLEY, FRESH, BUNCH, CHOPPED	8 oz	3-3/4 cup	8-3/8 oz
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	

Method

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute green onions with tops and sweet peppers in oil until tender.
- 4 Add to cooked rice. Add parsley and black pepper. Toss well. CCP: Hold for service at 140 F. or higher.