

CEREALS AND PASTA PRODUCTS No.E 508 00
SOUTHWESTERN RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
131 cal	25 g	5 g	1 g	2 mg	192 mg	64 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER	12-1/2 lbs	1 gal 2 qts	
SALT	1 oz	1 tbsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPERS, GREEN, FRESH, CHOPPED	6-5/8 oz	1-1/4 cup	8 oz
TOMATOES, CANNED, DICED, DRAINED	3 lbs	1 qts 1-1/2 cup	
PARSLEY, DEHYDRATED, FLAKED	3/8 oz	1/2 cup	
CORN, FROZEN, WHOLE KERNEL	1-1/8 lbs	3 cup	
PEPPER, BLACK, GROUND	2/3 oz	3 tbsp	
CHILI POWDER, LIGHT, GROUND	1 oz	1/4 cup 1/3 tbsp	
WORCESTERSHIRE SAUCE	4-1/4 oz	1/2 cup	
CHEESE, MONTEREY JACK, REDUCED FAT	2 lbs	2 qts	

Method

- 1 Combine rice, water, and salt. Bring to a boil. Cover tightly, and simmer 20 to 30 minutes.
- 2 Saute onions, garlic, and peppers in vegetable spray in a steam jacketed kettle. Add tomatoes, parsley, and corn. Season with pepper, chili powder, and Worcestershire sauce. Fold in cooked drained rice and thoroughly blend.
- 3 Divide rice in serving pans, sprinkle with cheese. Bake in 350 F. oven for 20 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for serving.