



Spanish Brown Rice

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Recipe HACCP Process: #2 Same Day Service

Serving Size: ¾ cup

Yield: 50

Source: JSI Back to Basics: Latin American Cuisine Recipe (*adapted from: Goya*)

Ingredients:

Ingredient Name	Measurements
Rice, brown, long grain, parboiled, dry	3 ¼ lb
Water	20 cups
Oil, olive, salad or cooking	¼ cup + ½ tsp
Onions, raw	8 1/3 medium onions
Peppers, sweet, red, raw	8 1/3 medium peppers
Spinach, raw	3 1/8 lb
Garlic, raw	16 cloves
Salt, table	1 ½ Tbsp
Oregano leaves, dried, ground	1 ½ Tbsp
Cumin, ground	1 ½ Tbsp
Parsley, raw, chopped	½ cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. To cook rice, boil water.
2. Evenly distribute rice between two hotel pans. Pour boiling water over rice. Stir. Cover pans tightly.
For conventional oven bake 350°F for 40 minutes. For convection oven bake at 325°F for 40 minutes.
3. Remove from oven and let stand covered for 5 minutes. Set aside.
4. Wash and finely chop onion, bell pepper, and mince garlic cloves.

5. Heat oil in medium skillet over medium-high heat. Add onion and pepper; cook until vegetables are soft, about 7 minutes.
6. Add spinach and garlic; cook until spinach wilts and garlic is fragrant, about a minute.
7. Add vegetables, salt, and spices to the rice.
8. Just before serving, garnish with chopped parsley.
9. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	141.05 kcal
Total Fat	2.19 g
Saturated Fat	0.34 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	224.14 mg
Total Carbohydrate	27.72 g
Dietary Fiber	2.51 g
Total Sugars	1.89 g
Protein	3.58 g

Meal Component Information:

Meal Components	Amount
Grain	1 oz equivalent
Vegetable	0.25 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*