

Spanish Rice w Hamburger¹⁰

Number of Servings: 10 (501.37 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 5.00 | cup | Water, tap, municipal |
| 1.00 | tsp | Salt, table, iodized |
| 2.00 | cup | Rice, brown, med grain, ckd |
| 2.00 | lb | Beef, ground, hamburger, pan browned, 10% fat |
| 4.00 | cup | Tomatoes, puree, cnd |
| 3.00 | cup | Onion, white, fresh, chpd |
| 3.00 | cup | Peppers, bell, green, sweet, fresh, chpd |

Nutrients per serving

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size (501g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 340 | Calories from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 3g | 15% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 320mg | 13% |
| Total Carbohydrate 43g | 14% |
| Dietary Fiber 5g | 20% |
| Sugars 5g | |
| Protein 23g | |
| Vitamin A 20% | • Vitamin C 90% |
| Calcium 4% | • Iron 20% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Must use TOMATO PUREE for accuracy in analysis.

Carefully measure salt and add to water which has been brought to a boil. Add brown rice, stir and slowly simmer, covered, until tender - approximately 45 minutes.

Chop onions and green pepper. Brown hamburger and onions together. Add tomato puree and green pepper (if participants do not care for green peppers then frozen green peas can be substituted for the green peppers). Mix with cooked rice and put in foil covered steam table pan(s). Bake at 300 degrees for 1 hour.

1 serving = 3 CS. 1 serving = 1 1/3 cup.

1 serving = protein, vegetable and whole grains

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