

## Spanish Rice w Hamburger<sup>300</sup>

Number of Servings: 300 (480 g per serving)

Amount	Measure	Ingredient
8 1/2	gal	Water, tap, municipal
9 1/2	Tbs	Salt, table, iodized
3 3/4	gal	Rice, brown, med grain, ckd
60.00	lb	Beef, ground, hamburger, pan browned, 10% fat
7 1/2	gal	Tomatoes, puree, cnd
5.00	gal	Onion, white, fresh, chpd
5.00	gal	Peppers, bell, green, sweet, fresh, chpd

### Nutrients per serving

Nutrition Facts	
Serving Size (480g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 340</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 42g</b>	<b>14%</b>
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein 23g</b>	
Vitamin A 20%	Vitamin C 80%
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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