

Rice-Vegetable Casserole

Meal Components: Grains

B-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long grain, regular	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	<ol style="list-style-type: none"> Put 2 lb 8 oz regular rice or 2 lb 11 oz parboiled rice into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Cover with foil or a metal lid. Steam for 20 minutes.
OR	OR	OR	OR	OR	
Brown rice, long grain, parboiled	2 lb 11 oz	1 qt 2 ¾ cups	5 lb 6 oz	3 qt 1 ½ cups	
Chicken stock, non-MSG		2 qt 1 cup		1 gal 2 cups	<ol style="list-style-type: none"> Add 2 qt 1 cup chicken stock per pan.
Vegetable oil		¼ cup		½ cup	<ol style="list-style-type: none"> In a sauce pan, sauté carrots and peas in oil over low heat, about 5 minutes.
*Fresh carrots, diced	1 lb 4 oz	1 qt ¾ cup	2 lb 8 oz	2 qt 1 ½ cups	
Frozen peas	1 lb 4 oz	3 ¼ cups	2 lb 8 oz	1 qt 2 ½ cups	
Ground black or white pepper		½ tsp		1 tsp	<ol style="list-style-type: none"> Add ½ tsp pepper and 1 qt 3 cups (2 lb 8 oz) of cooked vegetables to each pan of hot rice. Stir to combine thoroughly. CCP: Heat to 165° F or higher for at least 15 seconds. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (? cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Carrots	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
2/3 cup (No. 6 scoop) provides 3/4 oz equivalent grains.	50 Servings: about 13 lb 14 oz	50 Servings: about 2 gallons 1 cup 1 steamtable pan
	100 Servings: about 27 lb 12 oz	100 Servings: about 4 gallons 2 cups 2 steamtable pans