

Broccoli, Cheese, and Rice Casserole

Meal Components: Vegetable - Dark Green, Grains, Meat / Meat Alternate

I-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked brown rice	2 lb 3 oz	1 qt 2 1/4 cups	4 lb 6 oz	3 qt 1/2 cup	<ol style="list-style-type: none"> For cooked rice, use Cooking Rice recipe (see B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).
Frozen chopped broccoli, thawed, drained	5 lb	3 qt 2 1/2 cups	10 lb	1 gal 3 1/4 qt	
Low-fat reduced sodium canned condensed cream of mushroom soup	1 lb 9 oz	3 1/4 cups (1/2 No. 3 cyl can)	3 lb 2 oz	1 qt 2 1/2 cups (1 No. 3 cyl can)	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
OR	OR	OR	OR	OR	

Granulated garlic		1 1/2 tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Dried oregano (optional)		1 1/2 tsp		1 Tbsp	
<p>2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>					
Trans fat-free margarine, melted (optional)	2 oz	1/4 cup	4 oz	1/2 cup	
<p>3. Optional topping: Combine margarine and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 1/2 cups) crumbs evenly over each pan.</p>					
Enriched dry bread crumbs (optional)	6 oz	1 1/2 cups	2 Tbsp	12 oz	3 1/4 cups
<p>4. Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 300° F for 20 minutes. DO NOT OVERBAKE. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds.</p> <p>5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (1/2 cup).</p>					



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
Brown rice long grain, regular	15 oz	1 lb 14 oz
Mature onions	10 oz	1 lb 4 oz

Serving	Yield	Volume
1/3 cup (No 12 scoop) provides 1/2 oz equivalent meat alternate, 1/4 cup dark green vegetable, and 1/4 oz equivalent grains.	50 Servings: about 12 lb 5 oz 2 steamtable pans	50 Servings: about 1 gallon ½ cup
	100 Servings: about 24 lb 10 oz 4 steamtable pans	100 Servings: about 2 gallons 1 cup