

Ground Beef and Spanish Rice

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

Main Dishes, D-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.
*Fresh onions, chopped	15 oz	2 1/2 cups	1 lb 14 oz	1 qt 1 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 3/4 oz	1 1/4 cups 2 Tbsp	5 1/2 oz	2 3/4 cups	
*Fresh green pepper, chopped	12 oz	2 1/4 cups 2 Tbsp	1 lb 8 oz	1 qt 3/4 cup	
Beef stock, non-MSG or water		3 qt 3 cups		1 gal 3 1/2 qt	<ol style="list-style-type: none"> 3. Add beef stock or water, tomatoes, tomato paste, seasonings, salt, and pepper. Bring to boil.
Canned diced tomatoes, with juice	2 lb 7 oz	1 qt 2/3 cup (1/3 No. 10 can plus 1 cup)	4 lb 13 oz	2 qt 1 1/3 cups (3/4 No. 10 can)	
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	

Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Brown rice, long grain, regular	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal	<p>4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds.</p>
OR	OR	OR	OR	OR	
Brown rice, long grain, parboiled	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups	<p>5. Pour 10 lb 9 oz (1 gallon ½ cup) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (? cup).</p>

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

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

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Green peppes	15 oz	1 lb 14 oz

Serving	Yield	Volume
2/3 cup (No. 6 scoop) provides 2 oz equivalent meat, 1/4 cup red/orange vegetable, and 1 oz equivalent grains.	50 Servings: about 21 lb 2 oz 100 Servings: about 42 lb 4 oz	50 Servings: about 2 gallons 1 cup 100 Servings: about 4 gallons 2 cups

Nutrients Per Serving

Calories	282	Saturated Fat	4 g	Iron	3 mg
Protein	19 g	Cholesterol	51 mg	Calcium	41 mg
Carbohydrate	27 g	Vitamin A	519 IU	Sodium	288 mg
Total Fat	11 g	Vitamin C	12 mg	Dietary Fiber	1 g