

# Ground Beef and Spanish Rice

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent.</li> <li>3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil.</li> <li>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 165° F or higher.</li> <li>5. Pour into serving pans or bowls.</li> <li>6. CCP: Hold for hot service at 140° F or warmer.  Portion with No. 6 scoop (2/3 cup).</li> </ol>
*Fresh onions, chopped	6 oz	1 cup	12 oz	2 cups	
OR		OR	OR	OR	
Dehydrated onions		3 Tbsp	2 1/4 oz	1/3 cup	
*Fresh green pepper, chopped	4 1/2 oz	3/4 cup 2 Tbsp	9 oz	1 3/4 cups	
Beef stock, non-MSG or water		1 qt 1 3/4 cups		2 qt 3 1/2 cups	
Canned diced tomatoes	15 oz	1 3/4 cups 1 Tbsp	1 lb 14 oz	3 1/2 cups 2 Tbsp	
Canned tomato paste	7 oz	1 1/2 cups 1 Tbsp (1/4 No. 2-1/2 can)	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
Enriched white rice, long grain, regular	1 lb 5 oz		2 lb 10 oz		
OR	OR		OR		
Enriched white rice, long grain, parboiled	1 lb 6 oz		2 lb 12 oz		

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Green pepper	6 oz	12 oz

# Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

SERVING:	YIELD:	VOLUME:
<p><math>\frac{2}{3}</math> cup (No. 6 scoop) provides 1 <math>\frac{1}{2}</math> oz of cooked lean meat, <math>\frac{1}{4}</math> cup of vegetable, and the equivalent of <math>\frac{3}{4}</math> slice of bread.</p>	<b>25 Servings:</b> 8 lb 4 $\frac{1}{2}$ oz	<b>25 Servings:</b> 1 gallon $\frac{1}{2}$ cup
	<b>50 Servings:</b> 16 lb 9 oz	<b>50 Servings:</b> 2 gallons 1 cup
Tested 2004		

Nutrients Per Serving			
<b>Calories</b>	217	<b>Saturated Fat</b>	3.32 g
<b>Protein</b>	14.03 g	<b>Cholesterol</b>	38 mg
<b>Carbohydrate</b>	21.81 g	<b>Vitamin A</b>	470 IU
<b>Total Fat</b>	7.89 g	<b>Vitamin C</b>	10.5 mg
		<b>Iron</b>	2.47 mg
		<b>Calcium</b>	32 mg
		<b>Sodium</b>	107 mg
		<b>Dietary Fiber</b>	1.1 g