

Rice Bowl Southwestern Style

 Cooking time: 30 minutes

HACCP Process #3 Complex Food Preparation

1 Serving Provides:

CACFP: ½ cup Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

NSLP: ½ cup Other Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

SFSP: ½ cup Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

Ingredients	72 Servings		144 Servings	
	Weight	Measure	Weight	Measure
Green bell pepper, raw, ¾" dice	6 pounds	1 gallon + 2 cups	12 pounds	2 gallons + 1 quart
Red or yellow onion, raw, ¾" dice	6 pounds	1 gallon + 2 cups	12 pounds	2 gallons + 1 quart
Zucchini, raw, ¾" dice	6 pounds	1 gallons + 1 quart + 2 cups	12 pounds	4 gallons + 1 quart
Vegetable oil		¼ cup + 2 Tablespoons		¾ cup
Dried oregano		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		1½ teaspoons		1 Tablespoon
Canned pinto beans	2 #10 cans		4 #10 cans	
Ground cumin		2 Tablespoons		¼ cup
Garlic powder		2 teaspoons		1 Tablespoon + 1 teaspoon
Cayenne pepper		1 teaspoon		2 teaspoons
Brown rice, cooked, hot		2 gallons + 1 quart		4 gallons + 2 quarts
Cheddar cheese, reduced fat, grated	2 pounds 4 ounces	2 quarts + 1 cup	4 pounds 8 ounces	1 gallon + 2 cups
Salsa, prepared		2 quarts + 1 cup		1 gallon + 2 cups



Directions

1. Preheat oven to 400°F.
2. In a large mixing bowl combine the bell pepper, onions and zucchini with oil, oregano, and salt. Place vegetables in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces. For 72 servings, use 6 full-size sheet pans, for 144 servings use 12 full-size sheet pans.
3. Bake in the preheated 400°F oven for approximately 12-15 minutes, or until lightly caramelized but still tender-crisp.

CCP: Heat to 140°F or higher.

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Rice Bowl Southwestern Style, continued

Directions, continued

4. Remove vegetables from the oven and transfer to 2-inch full-size steamtable pans, cover, and hold hot.

CCP: Hold for hot service at 135°F or higher.

5. Place the canned pinto beans with the liquid into a large saucepan. Add the ground cumin, garlic powder and cayenne pepper. Bring to a low boil over medium heat.

CCP: Heat to 165°F or higher for at least 15 seconds.

6. To assemble the bowls, use a #8 scoop to portion ½ cup of the cooked brown rice into each serving container. Place ½ cup of the vegetables on top of the rice to one side. Place ¼ cup of the pinto beans over the rice, opposite the vegetables. Top with 2 Tablespoons of the cheddar cheese. Serve each portion with 2 Tablespoons salsa on the side.

Serving	Yield	Volume
1 bowl (½ cup rice, ½ cup vegetables, ¼ cup beans)	72 Servings	72 Servings
	144 Servings	144 Servings

Nutrients Per Serving					
Calories	275	Sodium	307 mg	Vitamin A	512 IU
Total Fat	5.8 g	Carbohydrate	45 g	Vitamin C	49 mg
Saturated Fat	2.2 g	Dietary Fiber	8 g	Iron	3 mg
Cholesterol	11 mg	Protein	12 g	Calcium	183 mg