



## Ground Turkey & Beef Spanish Rice - USDA Recipe D-230 for CACFP

**Makes:** 25 or 50 Servings



### 25 Servings

### 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Raw ground turkey (no more than 15% fat)	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup
Raw ground beef (no more than 15% fat)	1 lb	2 cups	2 lb	1 qt
Fresh cilantro, diced		1 3/4 cups	2 oz	3 1/2 cups
*Fresh onions, chopped	10 oz	1 3/4 cups 3 Tbsp	1 lb 4 oz	3 3/4 cups 2 Tbsp
*Fresh green bell peppers, chopped	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
Garlic cloves		2 each		4 each
Canola oil		2 Tbsp		1/4 cup
*Fresh celery, diced	4 oz	3/4 cup 1 1/2 tsp	8 oz	1 1/2 cups 1 Tbsp
Frozen corn, thawed, drained	4 oz	2/3 cup 1 1/3 tsp	8 oz	1 1/3 cups 2 2/3 tsp
Salt		2 tsp		1 Tbsp 1 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Chili powder		2 tsp		1 Tbsp 1 tsp
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Paprika		2 tsp		1 Tbsp 1 tsp
Onion powder		1/2 tsp		1 tsp
Cinnamon		1/2 tsp		1 tsp
Garlic powder		1 tsp		2 tsp
Oregano		1 tsp		2 tsp
Ancho chili powder		2 Tbsp		1/4 cup
Mexican seasoning mix (See Notes Section)		2 Tbsp		1/4 cup
Water		1 qt		2 qt
Low-sodium beef base		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp
Canned no-salt-added tomato paste	4 1/2 oz	1/2 cup	9 oz	1 cup
Canned no-salt-added diced tomatoes, undrained	10 oz	1 1/3 cups (approx. 1/8 No. 10 can)	1 lb 4 oz	2 2/3 cups (approx. 1/4 No. 10 can)
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
*Fresh limes	6 oz	2 each	12 oz	4 each
Lime juice		1/4 cup		1/2 cup

## Directions

1. Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done. Recommended to cook in batches of 25.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef and turkey in a colander. Set aside for step 6.
4. Critical Control Point: Hold for hot service at 140 °F or higher.
5. Place 3/4 cup 2 Tbsp (about 1/2 oz) cilantro, onions, peppers, and garlic cloves in a food processor. Blend ingredients until minced. Set aside for step 6. Set remaining cilantro aside for step 15.
6. Heat oil in a large stock pot. Add onion mixture. Return meat to heat. Simmer uncovered over medium heat for 2 minutes.
7. Add celery, corn, salt, pepper, and spices. Continue cooking one additional minute, stirring constantly.
8. Add water, beef base, tomato paste, and diced tomatoes. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 10.
9. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
10. Pour 3 qt (about 6 lb 2 oz) meat mixture over each pan of rice. Stir well. Cover pans tightly.
11. Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
13. Remove from oven. Squeeze 1/4 cup lime juice over each pan. Stir well.
14. Critical Control Point: Hold for hot service at 140 °F or higher.
15. Garnish with remaining cilantro.
16. Portion with No. 8 scoop (1/2 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### **Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

### **Serving**

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1 oz meat/meat alternate, 1/4 cup vegetable, and 1 serving grains/bread.

## My Notes



## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	198
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	20 mg
Sodium	372 mg
Total Carbohydrate	30 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	0 IU
Calcium	46 mg
Iron	3 mg
Potassium	315 mg

N/A - data is not available

### Meal Components

Vegetables	
Red & Orange	1/8 cup
Other	1/8 cup
Meat / Meat Alternate	1 ounce

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)