

# Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

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		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green pepper, chopped	4 ½ oz	¾ cup 2 Tbsp	9 oz	1 ¾ cups	
Beef stock, non-MSG or water		1 qt 1 ¾ cups		2 qt 3 ½ cups	3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil.
Canned diced tomatoes	15 oz	1 ¾ cups 1 Tbsp	1 lb 14 oz	3 ½ cups 2 Tbsp	
Canned tomato paste	7 oz	1 ½ cups 1 Tbsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 5 oz  OR 1 lb 6 oz		2 lb 10 oz  OR 2 lb 12 oz		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.
					5. Pour into serving pans or bowls.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with No. 6 scoop (⅔ cup).

\* 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

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## SERVING:

$\frac{3}{8}$  cup (No. 6 scoop) provides 1  $\frac{1}{2}$  oz of cooked lean meat,  $\frac{1}{4}$  cup of vegetable, and the equivalent of  $\frac{3}{4}$  slice of bread.

## YIELD:

**25 Servings:** 8 lb 4  $\frac{1}{2}$  oz  
**50 Servings:** 16 lb 9 oz

## VOLUME:

**25 Servings:** 1 gallon  $\frac{1}{2}$  cup  
**50 Servings:** 2 gallons 1 cup

Tested 2004

## Nutrients Per Serving

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