

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"> 1. Brown ground beef. Drain. Continue immediately. 2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent. 3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil. 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. 5. Pour into serving pans or bowls. 6. CCP: Hold for hot service at 140° F or warmer. Portion with No. 6 scoop (2/3 cup).
*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:
2/3 cup (No. 6 scoop) provides 1 1/2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread. Portion Sizes 6-12 year olds 1 cup providing 2.25 oz M/MA and the equivalent or 1 1/8 silce of bread. TC 12/2/2016	25 Servings: 8 lb 4 1/2 oz	25 Servings: 1 gallon 1/2 cup
	50 Servings: 16 lb 9 oz	50 Servings: 2 gallons 1 cup
Tested 2004		

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