

# Mushroom Rice



Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
White Mushrooms	14 lbs.		24 lbs.		<ol style="list-style-type: none"> <li>Preheat oven to 425 °F</li> <li>Wash mushrooms and pat dry before cutting into ¼ inch slices. Spread the slices evenly on baking sheets.</li> <li>Melt butter in a microwave safe dish then pour over mushrooms and lightly toss with hands or tongs. Season with all the spices except thyme and toss one more time. Toast in oven for 15 minutes or until mushrooms have browned and are tender. CCP: Heat to 425 °F or higher for at least 15 seconds</li> <li>Once mushrooms are done transfer them to the steamtable pan evenly and reduce oven temperature to 375 °F. Add rice, chicken broth and thyme to pans then cover with aluminum foil and bake for 55 minutes. CCP: Hold for hot service at 135 °F</li> </ol>
Butter without salt	9 oz.	18 Tbsp.	1 lb. 2 oz.	36 Tbsp.	
Onion Powder		8 tsp.		16 tsp.	
Garlic Powder		6 tsp.		12 tsp.	
Black Pepper		4 tsp.		8 tsp.	
Paprika		6 tsp.		12 tsp.	
Thyme		5 tsp. Dried		10 tsp. dried	
Brown rice, uncooked	4 lbs. 6 oz.	11 cups	8 lbs. 12 oz.	22 cups	
Low Sodium Chicken Broth		1 gallon		1 gallon 3 qts.	

Serving	Yield		Volume	
1 cup of mushroom rice(1 serving provides 3/4 ounce equivalent of grain and ½ cup of vegetables)	<b>50 Servings:</b>	50 cups	<b>50 Servings:</b>	3 roasting pans (18" x 26" x 3 1/8") 2 steam table pans (12 ¾" x 20 ¾" x 4")
	<b>100 Servings:</b>	100 cups	<b>100 Servings:</b>	6 roasting pans (18" x 26" x 3 1/8") 4 steam table pans (12 ¾" x 20 ¾" x 4")

Nutrients Per Serving					
<b>Calories</b>	219	<b>Saturated Fat</b>	2.88 g	<b>Iron</b>	1.29 mg
<b>Protein</b>	7.27 g	<b>Cholesterol</b>	12.27 mg	<b>Calcium</b>	18.73 mg
<b>Carbohydrate</b>	35.55 g	<b>Vitamin A</b>	268.5 IU	<b>Sodium</b>	44.60 mg
<b>Total Fat</b>	5.95 g	<b>Vitamin C</b>	2.05 mg	<b>Dietary Fiber</b>	2.59 g



**For More Information**

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