Fiesta Rice

The inspiration for this jazzy dish comes from the Veracruz region of Mexico. It can be served with a side of beans on Taco Tuesday.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Louisiana Department of Education, East Baton Rouge Parish Schools

Preparation Time: 10 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:
⅔ cup (No. 6 scoop) provides 1 oz eq grains, ⅛ cup red/orange vegetable, ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 qt		1 gal	1. Spray a 4-inch-deep full-size steamtable pan with pan release. For 50 servings, use one pan. For 100 servings, use two pans.
Salsa, canned, low sodium		2 qt 1 cup		1 gal 2 cups	2. Add the following to each pan: • 2 qt water • 2 qt + 1 cup salsa • ½ No. 10 can corn (1 qt + 2 cups) • 2 tsp chili powder • 2 tsp cumin • 2 tsp granulated garlic • 2 tsp onion powder • 2 tsp paprika • 3 lb + 4 oz parboiled, brown rice (~2 qt)
Corn, whole kernel, canned, no sodium added, drained		1 qt 2 cups (about ½ a No. 10 can)		3 qt (about 1 No. 10 can)	3. Stir to combine.

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Chili powder		2 tsp		1 Tbsp 1 tsp	**4.** Place pan, uncovered, in steamer. Steam until liquid has been absorbed and rice is tender about 35-45 minutes (cook time will vary based on equipment). As an option, cover and bake at 350 °F for about 1 hour and 15 minutes for one or two pans. **Critical Control Point:** Heat to 135 °F or higher.
Cumin, ground		2 tsp		1 Tbsp 1 tsp	**5.** Cover and hold for service. Serve ⅔ cup using a No. 6 scoop. **Critical Control Point:** Hold for hot service at 135 °F or higher.
Garlic, granulated		2 tsp		1 Tbsp 1 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Paprika		2 tsp		1 Tbsp 1 tsp	
Rice, brown, long grain, parboiled, dry	3 lb 4 oz	2 qt	6 lb 8 oz	1 gal	

FIESTA RICE
NUTRITION INFORMATION
For ⅔ cup (No. 6 scoop)

NUTRIENTS	AMOUNT
Calories	**148**
Total Fat	**1.37 g**
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	**61 mg**
Total Carbohydrate	**30 g**
Dietary Fiber	3.53 g
Total Sugars	2.6 g
Added Sugars included	N/A
Protein	**3.82 g**
Vitamin A	438 mcg RAE
Vitamin C	10 mg
Vitamin D	N/A
Calcium	10 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

NOTES

2 lb 6 oz of thawed from frozen kernel corn can be substituted for canned corn in each pan.

Optional: serve with a side of beans for Taco Tuesday.

Optional ingredients are not included in the recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
About 2 gal 1 ⅓ cups About 15 lb 10 oz	4 gal 2 ⅔ cups About 31 lb 4 oz

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant