

# Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
White rice	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	1. Add 3/4 cup (6 oz) rice and 1 1/2 cups water to each half-steamtable pan (12" x 10" x 2 1/2"). Cover with plastic wrap and foil.
Water		3 cups		1 qt 2 cups	
Ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 8 oz		2. To Steam: Compartment Steamer: 20 minutes To Bake: Conventional Oven: 350 degrees F, 25 to 30 minutes Bake or steam until tender.
*Onions, minced OR	7 oz	1 cup	14 oz	2 cups	
Dehydrated onion flakes	1 oz	1/4 cup 2 Tbsp	2 oz	3/4 cup	3. In a pot, thoroughly brown beef. Drain fat and discard. Add onions, peppers, and celery. Cook for 2 minutes.
*Fresh green peppers, 1/4" dice	5 oz	1 cup	10 oz	2 cups	
*Fresh celery, 1/4" dice	7 oz	1 1/2 cups	14 oz	3 cups	4. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Water		1 qt 1 cup		2 qt 2 cups	
Catsup	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	5. Distribute 8 oz (1 3/4 cups) of mixed vegetables (optional) over each pan of rice.
Tomato puree	1 lb	2 cups	2 lb	1 qt	
Honey		3 Tbsp		1/4 cup 2 Tbsp	6. Top each pan with 3 lb 3 oz (1 qt 2 cups) of meat mixture. Cover with foil.
Chili powder		1 Tbsp		2 Tbsp	
Dry oregano leaves		3/4 tsp		1 1/2 tsp	
Salt		3/4 tsp		1 1/2 tsp	
Black pepper		1/4 tsp		1/2 tsp	
Worcestershire sauce		1/4 cup		1/2 cup	
Vinegar		1/4 cup		1/2 cup	
Frozen mixed vegetables, thawed (optional)	1 lb	3 1/2 cups	2 lb	1 qt 3 cups	

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7. To Bake:  
Conventional Oven: 375 degrees F, 20 minutes  
Convection Oven: 350 degrees F, 20 minutes

CCP Heat to 155 degrees F or higher for at least 15 seconds.

8. Cut each pan into 25 portions (5 x 5).

CCP Hold for hot service at 140 degrees F or higher.

\*See Marketing Guide

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	8 oz	1 lb
Green peppers	6 oz	12 oz
Celery	8 oz	1 lb

### SERVING:

1 portion provides 1 1/2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread

### YIELD:

**25 Servings:** 10 lb 1 oz

**50 Servings:** 20 lb 2 oz

### VOLUME:

**25 Servings:**

**50 Servings:**

## Nutrients Per Serving

<b>Calories</b>	180	<b>Saturated Fat</b>	3.1 g	<b>Iron</b>	2 mg
<b>Protein</b>	14 g	<b>Cholesterol</b>	42 mg	<b>Calcium</b>	22 mg
<b>Carbohydrate</b>	14 g	<b>Vitamin A</b>	53 RE/536 IU	<b>Sodium</b>	305 mg
<b>Total Fat</b>	8.0 g	<b>Vitamin C</b>	14 mg	<b>Dietary Fiber</b>	1 g