

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 24% fat)	4 lb 5 oz		8 lb 10 oz		1. Brown ground beef or pork. Drain off fat.
Dehydrated onions OR		1/4 cup		1/2 cup	2. Add onions and green peppers. Cook approximately 5 minutes.
*Onions, chopped	8 oz	1 1/4 cups	15 oz	2 1/2 cups	
*Fresh green pepper, chopped	6 oz	1 cup	10 1/2 oz	2 cups	
Beef stock or water		1 qt 3 1/2 cups		3 qt 3 cups	3. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to boil.
Canned tomatoes, with liquid, chopped	1 lb 4 oz	2 1/4 cups	2 lb 6 1/2 oz	1 qt 1/2 cup	
Tomato paste	7 oz	3/4 cup	14 oz	1 1/2 cups	
Seasonings: 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	
White rice	1 lb 8 oz	3 1/2 cups	2 lb 15 oz	1 qt 3 cups	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 degrees F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with No. 6 scoop (2/3 cup).
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	9 oz	1 lb 1/2 oz
Green pepper	7 oz	13 1/2 oz

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SERVING:	YIELD:	VOLUME:
2/3 cup (No. 6 scoop) provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread	25 Servings: 1 gal 2 cups (approximately) 50 Servings: 2 gal 1 qt (approximately)	25 Servings: 50 Servings:

Nutrients Per Serving			
Calories	272	Saturated Fat	4.2 g
Protein	17 g	Cholesterol	48 mg
Carbohydrate	26 g	Vitamin A	51 RE/515 IU
Total Fat	10.9 g	Vitamin C	12 mg
		Iron	2.9 mg
		Calcium	31 mg
		Sodium	498 mg
		Dietary Fiber	1 g