

# Rice-Vegetable Casserole

Vegetable-Grains/Breads

Grains/Breads

B-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	2 lb 8 oz OR 2 lb 11 oz	1 qt 2 cups OR 1 qt 2 ¾ cups	5 lb OR 5 lb 6 oz	3 qt OR 3 qt 1 ½ cups	1. Put 2 lb 8 oz regular rice or 2 lb 11 oz parboiled rice into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Cover with foil or a metal lid. Steam for 20 minutes.  2. Add 2 qt 1 cup chicken stock per pan.  3. In a sauce pan, sauté carrots and peas in oil over low heat, about 5 minutes.  4. Add ½ tsp pepper and 1 qt 3 cups (2 lb 8 oz) of cooked vegetables to each pan of hot rice. Stir to combine thoroughly.  CCP: Heat to 165° F or higher for at least 15 seconds.  5. CCP: Hold for hot service at 135° F or higher.  Portion with No. 6 scoop (¾ cup).
Chicken stock, non-MSG		2 qt 1 cup		1 gal 2 cups	
Vegetable oil		¼ cup		½ cup	
*Fresh carrots, diced	1 lb 4 oz	1 qt ¾ cup	2 lb 8 oz	2 qt 1 ½ cups	
Frozen peas	1 lb 4 oz	3 ¼ cups	2 lb 8 oz	1 qt 2 ½ cups	
Ground black or white pepper		½ tsp		1 tsp	

**Comments:**

\*See Marketing Guide.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servings
Carrots	1 lb 9 oz	3 lb 2 oz

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 6 scoop) provides ⅙ cup of vegetable and ¾ serving of grains/breads.

**50 Servings:** about 13 lb 14 oz

**50 Servings:** about 2 gallons 1 cup 1 steamtable pan

**100 Servings:** about 27 lb 12 oz

**100 Servings:** about 4 gallons 2 cups 2 steamtable pans

Tested 2004

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## Nutrients Per Serving

<b>Calories</b>	102	<b>Saturated Fat</b>	0.22 g	<b>Iron</b>	0.96 mg
<b>Protein</b>	2.44 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	13 mg
<b>Carbohydrate</b>	19.63 g	<b>Vitamin A</b>	2608 IU	<b>Sodium</b>	40 mg
<b>Total Fat</b>	1.37 g	<b>Vitamin C</b>	1.4 mg	<b>Dietary Fiber</b>	1.2 g