Mexican Vegetable and Beef Skillet Meal

Cooking time: 45 minutes HACCP Process #2 Same Day Service CACFP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ½ cup Vegetables

1 Cup Provides:

NSLP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ¼ cup Red/Orange Vegetables, ¼ cup Other Vegetables

SFSP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ½ cup Vegetables

	12 Servings		24 Servings		
Ingredients	Weight	Measure	Weight	Measure	
Lean ground beef (15% fat or less) OR Beef crumbles, thawed	1 pound 12 ounces 1 pound 8 ounces		3 pounds 8 ounces 3 pounds		
Onion, chopped	8 ounces	1½ cups	1 pound	3 cups	
Brown rice, dry	12 ounces	2 cups	1 pound 8 ounces	1 quart	
Tomatoes, canned, diced, with juices	1 pound 14 ounces	3 ½ cups	3 pounds 12 ounces	1 quart + 3 cups	
Zucchini, sliced	12 ounces	2 ½ cups	1 pound 8 ounces	1 quart + 1 cup	
Corn, frozen	4 ounces	²⁄₃ cup	8 ounces	1⅓ cups	
Water		2 cups		1 quart	
Chili powder		1 Tablespoon		2 Tablespoons	
Oregano		2 Tablespoons		1⁄4 cup	
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon	
Cheese, shredded	4 ounces	1 cup	8 ounces	1 pint	





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Directions

 Directions using raw ground beef 1. In a large skillet or tilt skillet, cook ground beef over medium-high heat (350°F) until no longer pink. Drain fat. 	 Directions using beef crumbles 1. Set a large skillet or tilt skillet to medium-high heat (350°F). 2. Add beef crumbles, onions, rice, tomatoes, vegetables, water, and spices. Stir
2. Add onion and cook until soft, about 3-5 minutes.	and bring to a boil.
3. Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.	 Reduce heat to medium low (250°F). Cover, and simmer for 40 minutes, or until rice is cooked. Add more water if needed.
4. Reduce heat to medium low (250°F). Cover, and simmer for 40 minutes, or until rice is cooked. Add more water if needed.	CCP: Heat to 165°F or higher for at least 15 seconds.
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 Transfer the cooked mixture to full-size 2-inch steamtable pans. For 12 servings use 1 pan, for 24 servings use 2 pans. Distribute the cheese equally over the pan/s. Hold hot until service. The cheese will melt in hot holding. CCP: Hold for hot service at 135°F or higher. Serve 1 cup portions 	servings use 1 pan, for 24 servings use 2 pans. Distribute the cheese equally over the pan/s. Hold hot until service. The cheese will melt in hot holding. CCP: Hold for hot service at 135°F or higher. Serve 1 cup portions

Serving	Yield	Volume	Nutrients Per Serving (using raw ground beef)					
1 cup	12 Servings: about 6 pounds 8 ounces 24 Servings: about 13 pounds	12 Servings: about 3 quarts 24 Servings: about 1 gallon 2 quarts	Calories Total Fat Saturated Fat Cholesterol	324 14.3 g 6 g 55 mg	Sodium Carbohydrate Dietary Fiber Protein	607 mg 30 g 3 g 18 g	Vitamin A Vitamin C Iron Calcium	844 IU 14 mg 3 mg 127 mg

Nutrients Per Serving (using beef crumbles)					
Calories	292	Sodium	754 mg	Vitamin A	877 IU
Total Fat	11.3 g	Carbohydrate	31 g	Vitamin C	14 mg
Saturated Fat	5.2 g	Dietary Fiber	4 g	Iron	3 mg
Cholesterol	40 mg	Protein	16 g	Calcium	137 mg

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