

Rice Bowl Southwestern Style

 Cooking time: 30 minutes

HACCP Process #3 Complex Food Preparation

1 Serving Provides:

CACFP: ½ cup Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

NSLP: ½ cup Other Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

SFSP: ½ cup Vegetable, 1.5 ounce equivalent Meat/Meat Alternate, 1 ounce Grains

Ingredients	18 Servings		36 Servings	
	Weight	Measure	Weight	Measure
Green bell pepper, raw, ¾" dice	1 pound 8 ounces	1 quart + ½ cup	3 pounds	2 quarts + 1 cup
Red or yellow onion, raw, ¾" dice	1 pound 8 ounces	1 quart + ½ cup	3 pounds	2 quarts + 1 cup
Zucchini, raw, ¾" dice	1 pound 8 ounces	1 quart + 1½ cups	3 pounds	2 quarts + 3 cups
Vegetable oil		1 Tablespoon + 1½ teaspoons		3 Tablespoons
Dried oregano		1 teaspoon		2 teaspoons
Salt		¾ teaspoon		¾ teaspoon
Canned pinto beans		1 quart + ⅔ cup	1 #10 can	
Ground cumin		1½ teaspoons		1 Tablespoon
Garlic powder		½ teaspoon		1 teaspoon
Cayenne pepper		¼ teaspoon		½ teaspoon
Brown rice, cooked, hot		2 quarts + 1 cup		1 gallon + 2 cups
Cheddar cheese, reduced fat, grated	9 ounces	2¼ cups	1 pound 2 ounces	1 quart + ½ cup
Salsa, prepared		2¼ cups		1 quart + ½ cup



Directions

1. Preheat oven to 400°F.
2. In a large mixing bowl combine the bell pepper, onions and zucchini with oil, oregano, and salt. Place vegetables in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces. For 18 servings, use 3 half-sized sheet pans. For 36 servings, use 3 full-size sheet pans, or 6 half-sized sheet pans.
3. Bake in the preheated 400°F oven for approximately 12–15 minutes, or until lightly caramelized but still tender-crisp.
CCP: Heat to 140°F or higher.

continues

Rice Bowl Southwestern Style, continued

Directions, continued

- Remove vegetables from the oven and transfer to 2-inch full-size steamtable pans, cover, and hold hot.
CCP: Hold for hot service at 135°F or higher.
- Place the canned pinto beans with the liquid into a large saucepan. Add the ground cumin, garlic powder and cayenne pepper. Bring to a low boil over medium heat.
CCP: Heat to 165°F or higher for at least 15 seconds.
- To assemble the bowls, use a #8 scoop to portion ½ cup of the cooked brown rice into each serving container. Place ½ cup of the vegetables on top of the rice to one side. Place ¼ cup of the pinto beans over the rice, opposite the vegetables. Top with 2 Tablespoons of the cheddar cheese. Serve each portion with 2 Tablespoons salsa on the side.

Serving	Yield	Volume
1 bowl (½ cup rice, ½ cup vegetables, ¼ cup beans)	18 Servings	18 Servings
	36 Servings	36 Servings

Nutrients Per Serving					
Calories	275	Sodium	307 mg	Vitamin A	512 IU
Total Fat	5.8 g	Carbohydrate	45 g	Vitamin C	49 mg
Saturated Fat	2.2 g	Dietary Fiber	8 g	Iron	3 mg
Cholesterol	11 mg	Protein	12 g	Calcium	183 mg