# **Spicy Rice and Ground Beef Casserole**

### 1 Serving Provides:

Cooking time: 60–90 minutes HACCP Process #2 Same Day Service CACFP: 1.75 ounces Meat/Meat Alternate, 0.75 ounce equivalents Grains, ¼ cup Vegetables NSLP: 1.75 ounces Meat/Meat Alternate, 0.75 ounce equivalents Grains, ¼ cup Red/Orange Vegetables SFSP: 1.75 ounces Meat/Meat Alternate, 0.75 ounce equivalents Grains, ¼ cup Vegetables

	16 Servings		32 Servings		
Ingredients	Weight	Measure	Weight	Measure	
Lean ground beef (15% fat)	2 pounds		4 pounds		
Onion, chopped	12 ounces	3 cups	1 pound 8 ounces	1 quart + 2 cups	
Fresh jalapeño pepper, seeds removed, diced	2 ounces	½ cup	4 ounces	1 cup	
Brown rice, dry	13.4 ounces	2 cups	1 pound 10.8 ounces	1 quart	
Canned diced tomato	2 pounds	1 quart	4 pounds	2 quarts	
Hot water		1 quart		2 quarts	
Chili powder		2 Tablespoons		¼ cup	
Dried oregano leaves		2 Tablespoons		¼ cup	
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon	
Reduced fat cheddar cheese, grated	6 ounces	1½ cups	12 ounces	3 cups	





#### **Stove Directions**

- 1. Brown ground beef in a large saucepan, steam kettle, or tilt skillet over medium-high heat. Drain the fat. Add the onions and peppers and cook for 8–10 minutes until the onion is soft.
- 2. Stir in the rice, tomatoes, water, chili powder, oregano, and salt. Bring to a low boil and then reduce heat to a simmer. Cover and simmer for about 20–30 minutes, or until the rice is tender and has absorbed most of the liquid.

CCP: Heat to 165°F or higher for at least 15 seconds.

3. Transfer casserole to a serving pan and top with the grated cheddar cheese.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8-ounce ladle or spoodle.

## Spicy Rice Casserole, continued

#### **Oven Directions**

- 1. Preheat oven to 375°F. Spray 2-inch steamtable pans with pan-release spray. For 16 servings use a full-size pan. For 32 servings use 2 full-size pans.
- 2. Brown the ground beef in a saucepan or skillet over medium-high heat. Drain the fat. Add the onions and peppers and cook for 8–10 minutes until the onion is soft.
- 3. Transfer the beef and onion mixture to the prepared pans. To each pan add 2 cups rice, 2 cups tomatoes, 2 cups hot water, 1 tablespoon chili powder, 1 tablespoon oregano, and 1 teaspoon salt. Stir to combine. Cover tightly with foil and place in the preheated 375°F oven. Bake for 40–60 minutes, or until the rice is tender and has absorbed most of the liquid.

CCP: Heat to 165°F or higher for at least 15 seconds.

4. Remove from the oven and top with the grated cheddar cheese.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8-ounce ladle or spoodle.

Serving	Yield	Volume	Nutrients Per Serving						
1 cup	16 servings, about 7 pounds	16 servings, about 4 quarts	Calories	226	Sodium	445 mg	Vitamin A	486 IU	
32 servings, about 14 pounds	32 servings, about 2 gallons	Total Fat	11.7 g	Carbohydrate	24 g	Vitamin C	11 mg		
		Saturated Fat	4.9 g	<b>Dietary Fiber</b>	2 g	Iron	2 mg		
			Cholesterol	47 ma	Protein	16 a	Calcium	129 ma	

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