

# 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

Ingredients	16 Servings		32 Servings	
	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.

*continues*

# 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
1 cup	16 servings, about 7 pounds 32 servings, about 14 pounds	16 servings, about 4 quarts 32 servings, about 2 gallons

Nutrients Per Serving					
Calories	226	Sodium	445 mg	Vitamin A	486 IU
Total Fat	11.7 g	Carbohydrate	24 g	Vitamin C	11 mg
Saturated Fat	4.9 g	Dietary Fiber	2 g	Iron	2 mg
Cholesterol	47 mg	Protein	16 g	Calcium	129 mg