



Recipe Name: Rice Vegetable Casserole

File No:

Recipe Adapted From:

USDA/ICN Recipe Box



| | |
|----------------------------------|---|
| Grade Group (s): K-8, 9-12 | HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100 | |
| Portion Size: 1 Piece (2" x 3¾") | |
| Serving Utensil: | |
| Servings Per Pan: | |

| Ingredients | Weight | Measure | Procedure |
|--|-------------|---------------|--|
| Broth, Vegetable, Low-Sodium | | 1 gallon 1 qt | 1. Heat broth to boiling. In 4 steam table pans divide the rice evenly. 2. Pour 1 qt and 1 cup of the hot broth over the rice in each steam table pan. 3. Stir well to mix, cover pans tightly. Bake at 350°F for 40 minutes. CCP: Heat to 165°F or higher for at least 15 seconds. 4. Remove cooked rice from the oven and set aside. 5. In a large stock pot over medium-high heat, add butter, onion, mushrooms, garlic, salt, pepper, and onion powder. Stir often until vegetables are soft. 6. Sprinkle flour over vegetable mixture, stir well to coat vegetables with flour. After 1 minute, reduce heat to medium. 7. Add milk, stirring constantly. Sauce will become creamy, and the texture will be thickened. 8. Uncover the 4 steam table pans of rice and pour 1 qt and 1½ cups of the vegetable cream sauce over the rice in each pan. 9. Spread half the kale into each pan on top of the sauce. 10. Sprinkle both cheeses evenly over the kale in each pan. 11. Cover pans tightly and bake at 350°F for 15-20 minutes. CCP: Hot Hold for service at 135°F or higher. Cut each pan into 5 x 5, 25 pieces per pan. Each piece should measure about 2" x 3¾". |
| Rice, Brown, Long Grain, Dry, Parboiled USDA #100500 | 6 lbs 12 oz | | |
| Butter | 8 oz | | |
| Onion, Raw, Diced | 5 lb | | |
| Mushrooms, Fresh, Diced | 4 lbs | | |
| Garlic, Raw, Minced | | ¼ cup | |
| Salt | | 2 Tbsp | |
| Pepper, Black, Ground | | 2 tsp | |
| Onion Powder | | 2 tsp | |
| Flour, Whole Wheat, All Purpose | | 2 qt 1 cup | |
| Milk, Low-Fat (1%) | | 1 gallon 1 qt | |
| Kale, Fresh, Cleaned, Chopped | 3½ lbs | | |
| Cheese, Cheddar, Low-Fat, Shredded USDA #100012 | 4 lbs | | |
| Cheese, Mozzarella, Low-Fat, Low-Moisture Part-Skim, Shredded, USDA #100021 | 2 lb 4 oz | | |

| Meal Component Contribution | | | Total Yield | |
|-------------------------------------|-------|-------|---|--|
| Meat/Meat Alternate: 1 oz eq | | | Weight: | |
| Vegetable Subgroups | | | Number of Pans: 2 | |
| DG | RO | BPL | Pan size: 12" x 20" x 4" | |
| | | | Volume: 2 gallons, 1 qt, 1¼ cup | |
| S | O | A | Nutritional Analysis Based on Portion Size | |
| | ⅛ cup | ⅛ cup | Calories: 255 kcal | |
| Fruit: | | | Saturated Fats (g): 4.07 g | |
| Grains: 1 oz eq | | | Sodium (mg): 404.34 mg | |
| Based on USDA Food Buying Guide-RAW | | | Calculating using NutriKids | |

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional