



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: 50	
Portion Size: 1 Piece (2" x 3 3/4")	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Broth, Vegetable, Low-Sodium		2 qt 2 cups	1. Heat broth to boiling. In 2 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 2 steam table pans of rice and pour 1 qt and 1 1/2 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 3 3/4".
Rice, Brown, Long Grain, Dry, Parboiled USDA #100500	3 lbs 6 oz		
Butter	4 oz		
Onion, Raw, Diced	2 lb 8 oz		
Mushrooms, Fresh, Diced	2 lbs		
Garlic, Raw, Minced		2 Tbsp	
Salt		1 Tbsp	
Pepper, Black, Ground		1 tsp	
Onion Powder		1 tsp	
Flour, Whole Wheat, All Purpose		1 qt 1/2 cup	
Milk, Low-Fat (1%)		1 qt 2 cups	
Kale, Fresh, Cleaned, Chopped	1 lb 12 oz		
Cheese, Cheddar, Low-Fat, Shredded USDA #100012	2 lbs		
Cheese, Mozzarella, Low-Fat, Low-Moisture Part-Skim, Shredded, USDA #100021	1 lb 2 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, 1 1/4 cup		
S	O	A	Nutritional Analysis Based on Portion Size		
	1/8 cup	1/8 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			Calculated 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