

Fiesta Beans & Rice

Van Buren Middle School and the Let's Move Recipe Challenge

HACCP Process: #2 Same Day Service

Number of Portions: 50

Portion Size: 1/2 cup

One portion provides: 1/2 serving grains/breads and 1/4 cup vegetable OR 1 oz meat/meat alternate

Ingredients	
Brown rice, long grain, raw	3 lbs
Salsa	1 pint
Tomato sauce	1 pint
Beans, pinto, reduced-sodium	3 qts + 1 cup
Simple spice mix, pg. 37 (optional)	5 tbs

Instructions

1. Preheat oven to 350° F (325° F for convection oven).
2. Cook rice according to package directions, omitting the salt (Rice can be baked in steam table pans). Remove from heat. Divide rice evenly between 2 – 4” deep steam table pans.
3. Drain and rinse the beans. Place half (6 1/2 cups) the beans in each pan of rice.
4. Combine the salsa and tomato sauce and mix well. If using the spice mixture stir into salsa mixture. Pour 3 cups over each pan of rice and beans. Stir ingredients until well combined in each pan.
5. Cover each pan with foil and crimp tightly.
6. Place in oven and bake for 20 to 30 minutes or until internal temperature reaches 165° F.

CCP: Hold in hot cart at 135° F until serving time.

Nutritional Information *does not include spice mix			
Calories	151	Iron	1.5 mg
Cholesterol	0 mg	Calcium	33 mg
Sodium	226 mg	Vitamin A	227 IU
Dietary Fiber	5 g	Vitamin C	1 mg
		Protein	5.5 g
		Carbohydrates	32 g
		Total Fat	0.9 g
		Saturated Fat	0.2 g
		Trans Fat	N/A g
			15%
			86.0%
			5.4%
			1.1%
			N/A%