COOKING for KIDS

STANDARDIZED RECIPE

Recipe Name: Fiesta Rice			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Onion, raw yellow or white		½ c. chopped	1. Wash fresh produce thoroughly under running water to remove dirt and other contaminants. 2. Heat oil in a pot over medium-high heat. Add the diced onions, red and green peppers. Sauté until the onions are translucent and the peppers are crisp and tender, about 5 minutes.
Pepper, green bell raw		1 c. chopped	
Pepper, red bell raw		1 c. chopped	
Oil, vegetable pure		1/8 c.	
Water		2.5 qt.	3. Add the water, tomatoes (with their liquid), and 6 t. taco seasoning blend. Stir well. Bring to a boil.
Tomato, diced no salt canned		5/8 #10 can	
Season blend, taco		6 t.	
Rice, brown WG (Uncle Ben's)	2 ¾ lbs.		4. Combined the uncooked rice and water-vegetable mixture and transfer to serving pans. Cover pans tightly with foil or a metal lid and place in a 350° F oven for 45 min - 1 hour, or until all of the liquid has been absorbed and the rice is tender. (Rice may also be cooked in the steamer) 5. When rice is done, allow to stand for 5 minutes covered. Remove cover and fluff with fork or slotted spoon to allow steam to escape and to combine the rice with the vegetables.

Serving Size for Grades: K-8 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

1 oz. grain

Courtesy of Oklahoma City Public Schools