

Steamed Brown Rice - NSLP

General Information

Recipe #	Category	Source
1898910	Grains 	Local

Ingredients

Name	Quantity	+ Quantity 2
Beverages, water, tap, municipal	192 FL OZ	
Soup, chicken broth or bouillon, dry	¼ c.	
Rice, Brown, Long-Grain, Parboiled, Dry, 25#, USDA, 101031	3 lbs., 4 oz.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

- Combine water and chicken base, stirring until fully incorporated.
- In a 4 inch hotel pan, add rice. Pour in water mixture.
- Cover rice with foil and place in a 350 degree oven for 25-35 minutes or until rice has absorbed all of the liquid. Remove from oven, uncover and let steam release for 5-10 minutes. Fluff with fork. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.



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Serving Size	Yield
0.5 Cup	50.00

Nutrition Facts

Serving Size 0.5 Cup (144 gm)		
Amount Per Serving		
Calories		109.486
		% Daily Value*
Total Fat	1.010 gm	1.554%
Saturated Fat	0.191 gm	0.954%
Trans Fat	0.000* gm	
Cholesterol	0.062 mg	0.021%
Sodium	119.484 mg	4.979%
Total Carbohydrate	22.568 gm	7.523%
Dietary Fiber	1.061 gm	4.246%
Total Sugars	0.278 gm	
Includes 0.000 * gm of Added Sugars		
Protein	2.303 gm	4.606%
Vitamin A	0.000* mcg RAE	
Vitamin C	0.005 mg	0.009%
Vitamin D	0.000 mcg	
Calcium	6.961 mg	0.696%
Iron	0.385 mg	2.14%
Potassium	76.329 mg	1.624%
Saturated Fat % of Calories		1.568 %
Added Sugar % of Calories		0.000 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Grains	0.5 oz

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
08-05-2025	08-05-2025

Added Sugar Limitations ⓘ

Not applicable.

Vendors

USDA Foods in Schools 🍽️

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