

SICILIAN BROWN RICE AND VEGETABLES

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	6 g	2 g	4 mg	542 mg	110 mg

Ingredient

Weight

Measure

Issue

RICE,BROWN,LONG GRAIN,DRY	5-1/2 lbs	3 qts 1-3/8 cup	
WATER,COLD	13-7/8 lbs	1 gal 2-5/8 qts	
SALT	1-1/4 oz	2 tbsp	
JUICE,TOMATO,CANNED	9-1/4 lbs	1 gal 1/3 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
TOMATO PASTE,CANNED	1-1/8 lbs	2 cup	
SUGAR,BROWN,PACKED	2-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1-1/8 oz	1/4 cup 3-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
OREGANO,CRUSHED	3/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	10 each	
SQUASH,FRESH,SUMMER,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
BROCCOLI,FROZEN,SPEARS	2-3/4 lbs	2 qts	
MUSHROOMS,FRESH,WHOLE,SLICED	1-1/4 lbs	2 qts 1/8 cup	1-3/8 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	8 oz	3-3/4 cup	8-3/8 oz
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	1-3/4 lbs	1 qts 3 cup	

Method

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 30 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. CCP: Cover. Hold at 140 F. or higher for use in Step 8.
- 2 Place tomato juice, tomatoes, onions, tomato paste, brown sugar, salt, basil, garlic powder, oregano, pepper and bay leaves in steam-jacketed kettle. Stir; bring to a boil. Reduce heat; cover; simmer 20 minutes. Remove bay leaves.
- 3 Stir in rice, yellow squash, zucchini and carrots. Bring to a boil; reduce heat; simmer 3 to 5 minutes or until vegetables are tender crisp. Stir occasionally.
- 4 Stir in broccoli, mushrooms and parsley; bring to a simmer.
- 5 Place 1-1/4 gallon in each steam table pan. Sprinkle 7 ounces cheese over mixture in each pan. Using a convection oven, bake at 325 F. for 12 to 15 minutes or until mixture is bubbly and cheese is melted and lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

Notes

- 1 In Steps 1 and 2, oven method may be used: Use boiling water for cold water; place 2-3/4 pounds or 6-2/3 cups rice, 3-1/8 quarts boiling water, and 2-1/2 teaspoons salt in each steam table pan. Stir, cover tightly.
- 2 In Step 4, 2-1/2 pounds frozen summer squash and 2-1/2 pounds frozen zucchini may be used.
- 3 In Step 5, 1 pound canned, drained mushrooms may be used.