

BROCCOLI, CHEESE, AND RICE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
317 cal	28 g	15 g	17 g	35 mg	718 mg	346 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	3-5/8 lbs	2 qts 3/4 cup	
WATER	9-3/8 lbs	1 gal 1/2 qts	
ONIONS, FRESH, CHOPPED	2-2/3 lbs	1 qts 3-1/2 cup	3 lbs
SALT	7/8 oz	1 tbsp	
MILK, NONFAT, DRY	7-3/4 oz	3-1/4 cup	
WATER, WARM	8-1/3 lbs	1 gal	
SOUP, CONDENSED, CREAM OF MUSHROOM	9-1/2 lbs	1 gal 1/3 qts	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER, BLACK, GROUND	1/2 oz	2 tbsp	
OREGANO, CRUSHED	1/2 oz	3 tbsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1/2"	26-7/8 lbs	4 gal 3-1/2 qts	
CHEESE, AMERICAN	8 lbs	2 gal <1/16th qts	
MARGARINE, MELTED	8 oz	1 cup	
BREADCRUMBS, DRY, GROUND, FINE	1 lbs	1 qts	

Method

- 1 Combine rice, water, onions, and salt in steam-jacketed kettle or stock pot; bring to a boil. Stir occasionally.
- 2 Cover tightly; reduce heat; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Reconstitute milk. Blend in soup, garlic powder, pepper, and oregano. Combine with rice mixture, stirring well. Bring to a boil stirring constantly.
- 4 Add broccoli; bring to a boil, stirring constantly; simmer 5 minutes or until broccoli is almost tender.
- 5 Reduce heat; add cheese, stirring constantly until cheese is melted.
- 6 Pour 5-1/2 quarts mixture into each steam table pan.
- 7 Combine butter or margarine and bread crumbs. Mix well. Sprinkle 4-1/2 ounces or 1-1/2 cups crumbs evenly over each pan.
- 8 Using a convection oven, bake on high fan, closed vent 15 to 20 minutes at 350 F. or until sauce is bubbly and crumbs are lightly browned. DO NOT OVERBAKE. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 1, 4 pounds of parboiled brown rice may be used per 100 portions. Cook 30-35 minutes or until most of the water is absorbed.