

ITALIAN RICE AND BEEF

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	20 g	29 g	15 g	92 mg	368 mg	132 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 TOMATOES,CANNED,DICED,DRAINED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 RICE, LONG GRAIN  
 BEEF BROTH  
 SUGAR,GRANULATED  
 GARLIC POWDER  
 SALT  
 BASIL,SWEET, WHOLE,CRUSHED  
 OREGANO,CRUSHED  
 PEPPER,BLACK,GROUND  
 CHEESE,MOZZARELLA,PART SKIM,SHREDDED  
 CHEESE,PARMESAN,GRATED

**Weight**

24 lbs  
  
 5 lbs  
 4 lbs  
 3-7/8 lbs  
  
 5-1/4 oz  
 2-3/8 oz  
 1-1/4 oz  
 1-1/4 oz  
 1-1/4 oz  
 3/8 oz  
 2 lbs  
 7 oz

**Measure**

3 gal  
 3 qts 2-1/8 cup  
 3 qts 1/8 cup  
 2 qts 1-1/2 cup  
 1 qts 2 cup  
 3/4 cup  
 1/2 cup  
 2 tbsp  
 1/2 cup  
 1/2 cup  
 1 tbsp  
 2 qts  
 2 cup

**Issue**

5-1/2 lbs  
 4-7/8 lbs

**Method**

- 1 Cook beef in a steam jacketed kettle or stock pot until it loses its pink color, stirring to break apart. Drain fat.
- 2 Add tomatoes, onions, peppers, rice, beef stock, sugar, garlic powder, salt, basil, oregano and pepper. Stir to blend. Bring to a boil. Cover tightly; reduce heat; simmer 20 to 25 minutes or until rice is tender. Do not stir.
- 3 Place 1-2/3 gal cooked beef mixture into each ungreased steam table pan.
- 4 Sprinkle 1/2 cup parmesan cheese evenly over beef mixture in each pan.
- 5 Using a convection oven, bake at 325 F. 15 to 20 minutes on high fan, open vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 6 Distribute 2 cups shredded mozzarella cheese evenly over parmesan cheese in each pan. Bake an additional 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.