

# Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

Ingredients	24 servings		48 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular	15 oz	1 ½ cups	1 lb 14 oz	3 cups	1. Add 7 ½ oz (¾ cup) rice and 1 ½ cups water to each half-steamtable pan (12" x 10" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover.
Water		3 cups		1 qt 2 cups	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		2. Bake: Conventional oven: 350° F for 25-30 minutes
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	3. Brown ground beef. Drain. Continue immediately. 4. Add onions, peppers, and celery to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green peppers, ¼" diced	5 oz	1 cup	10 oz	2 cups	
*Fresh celery, ¼" diced	7 oz	2 cups	14 oz	1 qt	5. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Water		1 qt 1 cup		2 qt 2 cups	
Catsup	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Canned tomato puree	1 lb	2 cups	2 lb	1 qt	
Honey		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 Tbsp		2 Tbsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Ground black or white pepper		¼ tsp		½ tsp	
Worcestershire sauce		¼ cup		½ cup	
White vinegar		¼ cup		½ cup	
Frozen mixed vegetables, thawed (optional)	1 lb	3 ½ cups	2 lb	1 qt 3 cups	6. Distribute 8 oz (1 ¾ cups) of mixed vegetables (optional) over each pan of rice.
					7. Top each pan with 3 lb 3 oz (1 qt 2 cups) of meat mixture. Cover.

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	<p>8. Bake:            Conventional oven: 375° F for 20 minutes            Convection oven: 350° F for 20 minutes</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	8 oz	1 lb
Green peppers	7 oz	14 oz
Celery	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
1 portion provides 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread.	<p><b>24 Servings:</b> 10 lb 1 oz</p> <p><b>48 Servings:</b> 20 lb 2 oz</p>	<p><b>24 Servings:</b> 2 pans</p> <p><b>48 Servings:</b> 4 pans</p>

Tested 2004

Nutrients Per Serving			
<b>Calories</b>	225	<b>Saturated Fat</b>	3.39 g
<b>Protein</b>	14.01 g	<b>Cholesterol</b>	40 mg
<b>Carbohydrate</b>	23.60 g	<b>Vitamin A</b>	543 IU
<b>Total Fat</b>	8.02 g	<b>Vitamin C</b>	9.2 mg
		<b>Iron</b>	2.47 mg
		<b>Calcium</b>	28 mg
		<b>Sodium</b>	387 mg
		<b>Dietary Fiber</b>	1.1 g