

# Idaho Child Nutrition

**Recipe: 500004 ARROZ CON QUESO**

Recipe Source: USDA D-48  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name: RICE WITH CHEESE

Number of Portions: 50  
 Size of Portion: SERVINGS

020050 RICE,WHITE,MEDIUM-GRAIN,RAW,ENR..... 014429 WATER,MUNICIPAL.....	2 LB + 13 OZ 3 1/2 CUP	1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
011282 ONIONS,RAW..... 011689 PEPPERS,MILD GRN CHILI,CND,DRND..... 011688 PEPPERS,JALEPENO,CND,DRND..... 090017 GARLIC,GRANULATED..... 001117 YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002047 SALT,TABLE..... 042155 CHEESE,MONTEREY,LOW FAT..... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY..... 016146 BEANS,PINTO,MATURE,CND,DRND.....	1 LB, chopped + 8 OZ, chopped 12 OZ 4 OZ 1 TBSP + 1 TSP 3 LB 1 QT + 1 CUP 2 TSP 1 LB 1 LB 1 #10 CAN, drained	2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  Bake: Conventional Oven: 350° F for 35 minutes Convection Oven: 325° F for 30 minutes  <b>CCP: Heat to 140° F or higher.</b>
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	1 LB + 8 OZ 1 LB + 3 OZ	3. Sprinkle 12 oz (1 3/4 cups 2 Tbsp) of diced tomatoes and 9 1/2 oz (2 1/3 cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted.  <b>4. CCP: Hold for hot service at 135° F or higher.</b>  Portion with No. 8 scoop (1/2 cup).

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		<p><b>Special Tip:</b></p> <p><b>SOAKING BEANS</b>  <b>Overnight method:</b> Add 1 ¼ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.  <b>Quick-soak method:</b> Boil 1 ¼ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p><b>COOKING BEANS</b>  Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.  Use hot beans immediately.  <b>CCP: Hold for hot service at 135°F.</b>  OR  Chill for later use. If chilling:  <b>CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</b>  1 lb dry pinto beans = about 2 (3/8) cups dry or 5 (1/4) cups cooked beans.</p>												
		<p><b>Food as Purchased</b></p> <table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 servings</th> <th style="text-align: center;">100 servings</th> </tr> </thead> <tbody> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb 12 oz</td> <td style="text-align: center;">3 lb 8 oz</td> </tr> <tr> <td>Tomatoes</td> <td style="text-align: center;">1 lb 12 oz</td> <td style="text-align: center;">3 lb 8 oz</td> </tr> <tr> <td>Dry pinto beans</td> <td style="text-align: center;">1 lb 13 oz</td> <td style="text-align: center;">3 lb 10 oz</td> </tr> </tbody> </table>		50 servings	100 servings	Mature onions	1 lb 12 oz	3 lb 8 oz	Tomatoes	1 lb 12 oz	3 lb 8 oz	Dry pinto beans	1 lb 13 oz	3 lb 10 oz
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		<p><b>Serving</b></p> <p>1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate, 1/8 cup of vegetable, and 3/4 serving of grains/breads</p> <p>OR</p> <p>1/2 cup (No. 8 scoop) provides 1 oz equivalent meat/meat alternate, 1/4 cup of vegetable, and 3/4 serving of grains/breads.</p>												

Calories	248	Iron	2.16 mg	Protein	14.61 g	23.56%	Calories from Prot
Cholesterol	20 mg	Calcium	351.99 mg	Carbohydrates	32.12 g	51.80%	Calories from Carb
Sodium	543 mg	Vitamin A	415 IU	Total Fat	6.72 g	24.39%	Calories from T Fat
Dietary Fiber	2.08 g	Vitamin C	6.50 mg	Saturated Fat	4.09 g	14.85%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
<b>Moisture &amp; Fat Change</b>					
Moisture Change.	0%				? - Fish
Fat Change.....	0%				? - Shellfish
Type of Fat.....					? - Soy
					? - Wheat

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050248	Arroz con Queso (Rice with Cheese)			
I	020050	RICE,WHITE,MEDIUM-GRAIN,RAW,ENR			
I	014429	WATER,MUNICIPAL			
I	011282	ONIONS,RAW			
I	011689	PEPPERS,MILD GRN CHILI,CND,DRND			
I	011688	PEPPERS,JALEPENO,CND,DRND			
I	090017	GARLIC,GRANULATED			
I	001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002047	SALT, TABLE			
I	042155	CHEESE,MONTEREY,LOW FAT			
I	001168	CHEESE,LOFAT,CHEDDAR OR COLBY			
I	016146	BEANS,PINTO,MATURE,CND,DRND			
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