

Idaho Child Nutrition

Recipe: 500026 BROCCHEESE & RICE CASSEROLE

Recipe Source: USDA I-08
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: SERVINGS

020345 RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/SALT..... 011092 BROCCOLI,FRZ,CHOPD,UNPREP..... 006043 SOUP,CRM OF MUSHROOM,CND,COND,COMM..... 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 900002 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 011282 ONIONS,RAW..... 090017 GARLIC,GRANULATED..... 002030 PEPPER,BLACK.....	2 LB + 3 OZ 5 LB 3 1/4 CUP 3 CUP 1 LB + 10 OZ 8 OZ, chopped 1 1/2 TSP 1 TSP	1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).												
		2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 2/3 cups) crumbs evenly over each pan.												
		4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes DO NOT OVERBAKE. CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds. 5. CCP: Hold for hot service at 135°F or higher. Portion with No. 12 scoop (1/3 cup).												
		<table style="width: 100%; border: none;"> <thead> <tr> <th colspan="3" style="text-align: center;">Food as Purchased</th> </tr> <tr> <th style="width: 60%;"></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Enrich white rice long grain, reg</td> <td style="text-align: center;">15 oz</td> <td style="text-align: center;">1 lb 14 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">10 oz</td> <td style="text-align: center;">1 lb 4 oz</td> </tr> </tbody> </table>	Food as Purchased				50 Servings	100 Servings	Enrich white rice long grain, reg	15 oz	1 lb 14 oz	Mature onions	10 oz	1 lb 4 oz
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		Serving
? cup (No. 12 scoop) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.		

Calories	137	Iron	1.03 mg	Protein	7.01 g	20.47%	Calories from Prot
Cholesterol	8 mg	Calcium	155.99 mg	Carbohydrates	19.90 g	58.11%	Calories from Carb
Sodium	390 mg	Vitamin A	979 IU	Total Fat	3.43 g	22.53%	Calories from T Fat
Dietary Fiber	1.60 g	Vitamin C	23.50 mg	Saturated Fat	1.92 g	12.60%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

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

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050180	Broccoli, Cheese, and Rice Casserole			
I	020345	RICE,WHITE,LONG-GRAIN,REG,CKD,ENR,W/S			
I	011092	BROCCOLI,FRZ,CHOPD,UNPREP			
I	006043	SOUP,CRM OF MUSHROOM,CND,COND,COM			
I	001155	MILK,DRY,NONFAT,INST,WO/ VIT A			
I	900002	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	011282	ONIONS,RAW			
I	090017	GARLIC,GRANULATED			
I	002030	PEPPER,BLACK			