



Cooking Rice

USDA Recipe for Schools

This brown rice recipe will provide the perfect side or addition to many diverse dishes.

NSLP/SBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable broth, low-sodium		3 qt		1 gal 2 qt	1 Boil broth.
OR					
Water		3 qt		1 gal 2 qt	
Salt		2 tsp		1 Tbsp 1 tsp	2 Add salt and garlic.
Garlic, minced		¼ cup		½ cup	
Brown rice, long-grain, regular, dry, parboiled	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups	3 Place 1 qt ½ cup brown rice (1 lb 13 oz) in each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
OR					

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, medium-grain, regular, dry	3 lb 12 oz	2 qt	7 lb 8 oz	1 gal	
OR					
Brown rice, long-grain, regular, dry	3 lb 6 oz	2 qt ¼ cup	6 lb 12 oz	1 gal ½ cup	
					4 Pour boiling broth (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					5 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
					6 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					7 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					8 Critical Control Point: Hold for hot service at 135 °F or higher for at least 15 seconds.
					9 Portion with No. 8 scoop (½ cup).
Variation: Cilantro, fresh, finely chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	10 Variation: Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.
AND					
Limes, fresh, cut in half		4 each		8 each	
OR					
Variation: Ground turmeric		1 Tbsp 1 tsp		2 Tbsp 2 tsp	11 Variation: Add turmeric to step 2.

NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	125
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	133 mg
Total Carbohydrate	30 g
Dietary Fiber	3 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 IU
Calcium	30 mg
Iron	2 mg
Potassium	73 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 8 lb 4 oz	About 16 lb 8 oz
About 1 gal ½ cup/2 steam table pans (12" x 20" x 2½")	About 2 gal 1 cup/4 steam table pans (12" x 20" x 2½")