

# Kentucky Dept. of Education

**001343 - Farmer's Choice Dirty Rice**

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

Source: Montgomery Cnty  
 Number of Portions: 48  
 Size of Portion: 1 cup

Meat/Alt: 2 oz  
 Grains: 0.75 oz  
 Fruit: 0 Cup  
 Vegetable: 0.25 Cup  
 Milk: 0 Cup

903229 Ground Beef - USDA 85/15 ..... 9 1/2 LB 799939 GARLIC,RAW..... 6 cloves, minced 902507 Onion..... 3 Cup chopped 050452 RICE, LONG GRAIN, BROWN, DRY..... 5 CUP 799938 CARROTS,RAW..... 2 CUP, chopped 050542 TOMATOES, DICED, LOW-SODIUM, CANNED.... 5 CUP 903892 PEPPERS RED SWEET..... 1 1/2 CUP, diced 011976 PEPPER,BANANA,RAW..... 6 Medium, diced 011641 SQUASH,SMMR,ALL VAR,RAW..... 3 CUP, chopped 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 3 CUP, chopped 019296 HONEY..... 2 TBSP 903900 Basil, Dry..... 3 TSP 002029 PARSLEY,DRIED..... 3 TSP 799905 OREGANO LEAVES,DRIED..... 3 TSP, ground 002026 ONION POWDER..... 3 TSP 002030 PEPPER,BLACK..... 3 TSP, ground 002047 SALT,TABLE..... 6 TSP	Cook rice according to package directions.  Brown beef in large skillet, drain. Add garlic and onion. Cook about 2 minutes until onion begins to become transparent. Add carrots, tomatoes, all peppers, squash and zucchini. Mix thoroughly and cook another 1-2 minutes. Add cooked rice to beef mixture. Mix well, then add all remaining ingredients.  Place in large baking dishes in oven and bake at 350 degrees for 30 minutes or until heated to 165 degrees. Serve 1 cup  CCP: Hold at 135 degrees or higher for service.
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\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	286 kcal	Cholesterol	*0.00* mg	Sugars	*1.20* g	Calcium	*22.03* mg	46.71%	Calories from Total Fat
Total Fat	14.84 g	Sodium	385.76 mg	Protein	18.78 g	Iron	*0.62* mg	15.30%	Calories from Sat Fat
Saturated Fat	4.86 g	Carbohydrate	*19.49* g	Vitamin A	*1111.20* IU	Water <sup>1</sup>	*24.43* g	*7.44%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*2.36* g	Dietary Fiber	*1.50* g	Vitamin C	*10.41* mg	Ash <sup>1</sup>	*0.96* g	*27.27%*	Calories from Carbohydrates
								26.28%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**