

# Arroz Con Queso (900)

## (Arroz Con Queso, MC900)

**Meat/Meat Alternate-Vegetable-Grain/Bread**

**Source: MS Cycles USDA D-48**

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Long-Grain White Rice. Water.	2 lb 4 oz.	1 qt 1 cup. 2 qt 1 cup.	4 lb 8 oz.	2 qt 2 cups. 1 gal 2 cups.		<ol style="list-style-type: none"> <li>Cook rice in stockpot or steam-jacketed Kettle, covered, for 12 minutes or until tender.</li> <li>Drain and rinse black beans. Combine with other ingredients and add to rice. Spread 1 gal 1 qt (11 lb) in each steam table pan (12"X10"X2½").</li> <li>To bake: Conventional Oven: 350°F for 35 minutes Convection Oven: 325°F for 30 minutes Bake until thoroughly heated.</li> </ol> <p>CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.</p> <ol style="list-style-type: none"> <li>Sprinkle 3 cups (12 oz) of chopped tomatoes and 1 qt 1 cup (1 lb 4 oz) of American cheese over top of each pan and bake for 5 minutes or until cheese is melted.</li> <li>Serve immediately or cover and place in warmer until ready for service.</li> <li>Cut each pan 5X5 (25 portions per pan) or portion with No. 8 scoop (1½ cup per serving).</li> </ol> <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Onions, Chopped. OR Dehydrated Onions.	1 lb 8 oz. OR	2 qt 2 cups.	3 lb. OR	1 gal 1 qt. OR		
Canned Mild Green Chiles, Drained, Chopped.	12 oz.	1½ cups.	1 lb 8 oz.	3 cups.		
Canned Jalapeño Peppers, Drained, Chopped.	4 oz.	1 cup.	8 oz.	2 cups.		
Granulated Garlic.	1 Tbsp	1 tsp	2 Tbsp	2 tsp.		
Low-Fat Yogurt, Plain.	3 lb.	1 qt 2 cups.	6 lb.	3 qt.		
Low-Fat Milk.	1 qt 1 cup.	1 qt 1 cup.	2 qt 2 cups.	2 qt 2 cups.		
Salt.	2 tsp.	2 tsp.	1 Tbsp	1 tsp.		
Mozzarella Cheese, Shredded.	2 lb.	2 qt 2 cups.	4 lb.	1 gal 1 qt.		
American Cheese, Shredded	1 lb 8 oz.	1 qt 2½ cups	3 lb.	3 qt 1 cup.		
Canned Black Beans, Drained.	4 lb.		8 lb.			
Fresh Tomatoes, Chopped	1 lb 8 oz.	1 qt 2 cups.	3 lb.	3 qt.		
American Cheese, Shredded	3 lb.	3 qt.	6 lb.	1 gal 2 qt.		

**Serving: ½ cup (No. 8 scoop) provides 1½ oz meat/meat alternate, 1/8 cup vegetable, and ¾ grain/bread.**

**Yield: 50 servings: about 25 lb  
100 servings: about 20 lb**

*Arroz Con Queso* (Continued)

**Nutrients Per Serving:**

**\* Denotes Missing Nutrient Values**

Calories	358	Iron	1.80	Mg	Protein	20.04	G	Percent Of	⇒	Protein	22.40%
Cholesterol	49*	Mg	449	Mg	Carbohydrates	30.06	G	⇒	⇒	Carbohydrates	33.60%
Sodium	924	Mg	140	RE	Total Fat	17.38	G	Calories	⇒	Total Fat	43.70%
Dietary Fiber	2.33	G	7.24	Mg	Saturated Fat	11.20*	G	From	⇒	Saturated Fat	28.17%

**Production Notes:**

Yogurt may be thickened with cornstarch.

**Serving Notes:**

**Purchasing Guide:**

Use commodity products when available

**Miscellaneous Notes:**