

# Rice Bowl Southwestern Style

Adapted from: [Food Hero, Oregon Harvest for Schools](#)

Yield: 144 Servings

Serving Size: 1 bowl (½ cup rice, ½ cup vegetables, ¼ cup beans)

USDA Meal Components: ½ cup other vegetable subgroup, 1.5 ounce equivalent meat/meat alternate (includes pinto beans crediting toward the meat/meat alternate component), 1 ounce equivalent whole grain-rich

## Ingredients:

- 12 pounds green bell pepper, raw, ¾ inch diced
- 12 pounds red or yellow onion, raw, ¾ inch diced
- 12 pounds zucchini, raw, ¾ inch diced
- ¾ cup vegetable oil
- 2 Tablespoons + 2 teaspoons dried oregano
- 1 Tablespoon salt
- 4 #10 cans pinto beans
- ¼ cup ground cumin
- 1 Tablespoon + 1 teaspoon garlic powder
- 2 teaspoons cayenne pepper
- 4 gallons + 2 quarts brown rice, cooked, hot
- 4 pounds 8 ounces cheddar cheese, reduced fat, grated
- 1 gallon + 2 cups salsa, prepared

## Directions:

1. Preheat oven to 400 degrees F.
2. In a large mixing bowl combine the bell pepper, onions and zucchini with oil and salt. Place vegetables in a single layer onto sheet pans that have been lightly coated with pan-release spray. Be careful to not crowd the pieces. For 144 servings use 12 full-sized sheet pans.

3. Bake in the preheated 400 degree F oven for approximately 12-15 minutes or until lightly caramelized but still tender-crisp. Heat to 140 degrees F or higher.
4. Remove vegetables from the oven and transfer to 2-inch full-size steam table pans, cover and hold hot. Hold for hot service at 135 degree F or higher.
5. Place the canned pinto beans with the liquid into a large saucepan. Add the ground cumin, garlic powder and cayenne pepper. Bring to a low boil over medium heat. Heat to 165 degrees F or higher for at least 15 seconds.
6. To assemble the bowls, use a #8 scoop to portion ½ cup of the cooked brown rice into each serving container. Place ½ cup of the vegetables on top of the rice to one side. Place ¼ cup of the pinto beans over the rice, opposite the vegetables. Top with 2 Tablespoons of hte cheddar cheese. Serve each portion with 2 Tablespoons salsa on the side.

## Nutrition Facts

144 Servings Per Recipe	Amount Per Serving
<b>Serving Size</b>	1 bowl (½ cup rice, ½ cup vegetables, ¼ cup beans)
<b>Calories</b>	275
<b>Total Fat</b>	5.8 g
<b>Saturated Fat</b>	2.2 g
<b>Cholesterol</b>	11 mg
<b>Sodium</b>	307 mg
<b>Total Carbohydrate</b>	45 g
<b>Dietary Fiber</b>	8 g
<b>Protein</b>	12 g
<b>Vitamin A</b>	512 IU
<b>Vitamin C</b>	49 mg
<b>Iron</b>	3 mg
<b>Calcium</b>	183 mg

Filed Under: School