***Recipe #512 Low Sodium (LS)Spanish Rice-Updated***

***Serving Size and Ingredients: 4 oz.***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 2 oz. | 4 oz. | 8 oz. | Vegetable Oil |
| 1-1/4 cup | 2-1/2 cups | 5 cups | Onion, Raw Chopped |
| 1 cup | 2 cups | 4 cups | Green Pepper, Chopped |
| ¾ cup | 1-1/2 cup | 3 cups | Water |
| 2-1/4 cup | 4 ½ cups | 9 cups | Tomato, Whole, Chopped (fresh) |
| ¾ cup | 1-1/2 cup | 3 cups | Tomato, Canned Paste, no added salt |
| 1 Tbsp. | 2 Tbsp. | 4 Tbsp. | Chili Powder |
| 1/2 Tbsp. | 1 Tbsp. | 2 Tbsp. | Cumin Seed |
| ¾ Tbsp. | 1-1/2 Tbsp. | 3 Tbsp. | Paprika |
| ¾ Tbsp. | 1-1/2 Tbsp. | 3 Tbsp. | Onion Powder |
| 1 ¾ lb. | 3 ½ lbs. | 7 lbs. | Rice, Par Boiled, Long Grain, Regular, Dry |
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***Recipe #512 Spanish Rice***

***Instructions:***

1. ***Heat oil. Add onions and green peppers. Cook for 5 minutes.***
2. ***Add water, tomatoes, tomato paste, and seasonings. Bring to a boil.***
3. ***Stir in rice. Return to boil. Reduce heat and cover tightly.***
4. ***Cook over low heat for 20 to 30 minutes or until rice is tender.***

NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145°; ground meat or meat mixtures to 155°; raw eggs not prepared for immediate service to 158°; poultry, stuffed meat/fish/ pasta to 165°.