



# Spanish Rice au Gratin

Serves 8 – 1/2 cup servings

| Ingredients   | Instructions   | Nutrition Facts  |                     |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
|---|--|--|---------------------|--|--|--|------------------------|--|--|--|--------------------|--|--|--|----------|-----|-------------------|----|-----------------|--|--|--|------------------|-------------|--|----|---------------|------|--|----|--------------------|-------------|--|----|---------------|--------------|--|----|---------------------------|------------|--|----|---------------|----|--|-----|--------|----|--|---|----------------|------------|--|---|-----------|-----|-----------|-----|---------|----|------|-----|--|-----------|------|-------|-----------|-----------|-----|-----|---------------|-----------|-----|-----|-------------|-----------|-------|-------|--------|-----------|---------|---------|--------------------|--|------|------|---------------|--|-----|-----|
| <p><b>1 cup uncooked brown rice</b></p> <p><b>2 cups water</b></p> <p><b>1/2 lb. ground beef</b></p> <p><b>1 cup chopped onion</b></p> <p><b>1 cup chopped celery</b></p> <p><b>2/3 cup green pepper</b></p> <p><b>2 cups canned diced tomato, no salt added</b></p> <p><b>1 1/2 teaspoon chili powder</b></p> <p><b>1 1/2 teaspoon Worcestershire sauce</b></p> <p><b>1/2 cup shredded low fat Cheddar cheese (optional)</b></p> | <p>Combine rice and water in a saucepan. Bring to boiling, reduce heat, and simmer, covered, until rice is done.</p> <p>Meanwhile, brown ground beef in skillet. Add onion, celery, and green pepper. When beef is fully cooked and vegetables are tender, drain off excess fat.</p> <p>Mix together the beef mixture with the cooked rice, and add tomatoes, chili powder, and Worcestershire sauce. Pour into greased casserole dish and bake until mixture is thickened. Top with cheese just before serving.</p> | <table border="1"> <tr> <td colspan="4">Serving Size (171g)</td> </tr> <tr> <td colspan="4">Servings Per Container</td> </tr> <tr> <td colspan="4">Amount Per Serving</td> </tr> <tr> <td>Calories</td> <td>180</td> <td>Calories from Fat</td> <td>30</td> </tr> <tr> <td colspan="4" style="text-align: right;">% Daily Value *</td> </tr> <tr> <td><b>Total Fat</b></td> <td><b>3.5g</b></td> <td></td> <td>5%</td> </tr> <tr> <td>Saturated Fat</td> <td>1.5g</td> <td></td> <td>7%</td> </tr> <tr> <td><b>Cholesterol</b></td> <td><b>25mg</b></td> <td></td> <td>9%</td> </tr> <tr> <td><b>Sodium</b></td> <td><b>120mg</b></td> <td></td> <td>5%</td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td><b>25g</b></td> <td></td> <td>8%</td> </tr> <tr> <td>Dietary Fiber</td> <td>3g</td> <td></td> <td>11%</td> </tr> <tr> <td>Sugars</td> <td>4g</td> <td></td> <td>%</td> </tr> <tr> <td><b>Protein</b></td> <td><b>13g</b></td> <td></td> <td>%</td> </tr> <tr> <td>Vitamin A</td> <td>10%</td> <td>Vitamin C</td> <td>30%</td> </tr> <tr> <td>Calcium</td> <td>6%</td> <td>Iron</td> <td>10%</td> </tr> </table> <p>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p> <table border="1"> <tr> <td></td> <td>Calories:</td> <td>2000</td> <td>2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </table> | Serving Size (171g) |  |  |  | Servings Per Container |  |  |  | Amount Per Serving |  |  |  | Calories | 180 | Calories from Fat | 30 | % Daily Value * |  |  |  | <b>Total Fat</b> | <b>3.5g</b> |  | 5% | Saturated Fat | 1.5g |  | 7% | <b>Cholesterol</b> | <b>25mg</b> |  | 9% | <b>Sodium</b> | <b>120mg</b> |  | 5% | <b>Total Carbohydrate</b> | <b>25g</b> |  | 8% | Dietary Fiber | 3g |  | 11% | Sugars | 4g |  | % | <b>Protein</b> | <b>13g</b> |  | % | Vitamin A | 10% | Vitamin C | 30% | Calcium | 6% | Iron | 10% |  | Calories: | 2000 | 2,500 | Total Fat | Less than | 65g | 80g | Saturated Fat | Less than | 20g | 25g | Cholesterol | Less than | 300mg | 300mg | Sodium | Less than | 2,400mg | 2,400mg | Total Carbohydrate |  | 300g | 375g | Dietary Fiber |  | 25g | 30g |
| Serving Size (171g)   |  |  |                     |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Servings Per Container  |  |  |                     |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Amount Per Serving  |  |  |                     |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Calories  | 180  | Calories from Fat  | 30                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| % Daily Value *   |  |  |                     |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| <b>Total Fat</b>  | <b>3.5g</b>  |  | 5%                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Saturated Fat   | 1.5g   |  | 7%                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| <b>Cholesterol</b>  | <b>25mg</b>  |  | 9%                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| <b>Sodium</b>   | <b>120mg</b>   |  | 5%                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| <b>Total Carbohydrate</b>   | <b>25g</b>   |  | 8%                  |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Dietary Fiber   | 3g   |  | 11%                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Sugars  | 4g   |  | %                   |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| <b>Protein</b>  | <b>13g</b>   |  | %                   |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Vitamin A   | 10%  | Vitamin C  | 30%                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Calcium   | 6%   | Iron   | 10%                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
|   | Calories:  | 2000   | 2,500               |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Total Fat   | Less than  | 65g  | 80g                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Saturated Fat   | Less than  | 20g  | 25g                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Cholesterol   | Less than  | 300mg  | 300mg               |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Sodium  | Less than  | 2,400mg  | 2,400mg             |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Total Carbohydrate  |  | 300g   | 375g                |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |
| Dietary Fiber   |  | 25g  | 30g                 |  |  |  |                        |  |  |  |                    |  |  |  |          |     |                   |    |                 |  |  |  |                  |             |  |    |               |      |  |    |                    |             |  |    |               |              |  |    |                           |            |  |    |               |    |  |     |        |    |  |   |                |            |  |   |           |     |           |     |         |    |      |     |  |           |      |       |           |           |     |     |               |           |     |     |             |           |       |       |        |           |         |         |                    |  |      |      |               |  |     |     |

**Source: Adapted from Culinary Arts Institute Nutrition Cookbook.**



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