



## PICADILLO WITH BROWN RICE

PORTION  
SIZE:  
**1 SERVING**

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Taco Seasoned Ground Turkey, 3.01 oz., 285628, 4/7#, frozen	9 lb. 7 oz.
Canned mild salsa	1 qt., 2¼ c.
Carrots, sliced and frozen	1 qt., 2¼ c.
Peas, frozen	1 qt., 2¼ c.
Whole grain brown rice	6 lb. 4 oz.
Tap water	1 gal., 2 qt.

### Directions

1. Cook rice according to package instructions.
  2. Combine contents of taco meat bag, frozen peas, frozen carrots and salsa.
  3. Cook using the kettle method or heat using the steamer method for 50 minutes.
- Offer each student ¾ c. picadillo with 1 c. of brown rice to provide 2 oz. eq. Meat/Meat Alternate, 2 oz. eq. Whole Grain, ⅓ c. Vegetable.

3 oz. turkey taco meat provides 2.0 oz. meat/meat alternate  
 1 c. brown rice provides 2.0 oz. eq. whole grain rich  
 ½ c. green peas provides ½ c. starchy vegetable  
 ½ c. sliced carrots provides ½ c. red/orange vegetable  
 ½ c. salsa provides ½ c. red/orange vegetable

For preparation by a food preparation establishment only,  
 according to the food code or equivalent.

\*Indicates missing Nutrient Information.

### Nutrients Per Serving

Calories	343 cal	Sodium	421 mg	Calcium	40 mg*
Fat	7 g	Carbohydrates	51 g	Vitamin A	3589 iu*
Saturated Fat	2 g	Dietary Fiber	5 g	Vitamin C	6 mg*
Trans Fat	0 g	Protein	21 g	Vitamin D	0 mcg*
Cholesterol	55 mg	Iron	2 mg*		

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