

Steamed Brown Rice

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water	9 lb	1 gal 2 cups	18 lb	2 gal 1 qt	1. Bring the water to a boil in a large pot. 2. For stovetop cooking, add the rice and salt to the boiling water, stir a few times to separate the rice grains, cover the pot, and simmer over low heat until the rice is fully cooked and has absorbed all of the water, 40 to 50 minutes.
Brown rice, long grain	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	
Table salt		2 tsp		4 tsp	

Recipe Notes:

Serving Notes:

One 1/2-cup serving provides 1 serving of whole grain/bread.
 Serve using a No. 8 dipper (4-ounce portion).

	50 Servings	100 servings
Total Weight:	12 lb 8 oz	25 lb
Total Volume	25 cups	50 cups
Serving Size (weight):	4 oz	4 oz
Serving Size (volume):	1/2 cup	1/2 cup

Nutrients Per Serving					
Calories	120	Saturated Fat	0 g	Iron	> 1 mg
Protein	3 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	25 g	Vitamin A-RE	0 mcg	Sodium	95 mg
Total Fat	1 g	Vitamin C	0 mg	Dietary Fiber	1 g

