

Fiesta Tuna Rice Bowl

Meat/Meat Alternate – Vegetables – Grains

Main Dishes

StarKist Company

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---|-------------|--|--------------|---|--|
| | Weight | Measure | Weight | Measure | |
| StarKist® , Chunk Light Tuna In Water, Low Sodium | 5 lb 6 oz | (approximately 2 43 oz. pouches) | 10 lb 12 oz | (approximately 4 43 oz. pouches) | 1. Preheat oven to 375°F. Using spray release, prepare two full size (2 " deep) (for 50 servings) or four full size pans (2" deep) pans (for 100 serving). |
| Whole kernel corn, canned, low sodium, <i>drained</i> | | 1 ½ No. 10 cans (or 1 gallon frozen corn) | | 3 No. 10 cans (or 2 gallons frozen corn) | 2. Mix together tuna, corn, beans, onion, enchilada sauce, chili powder and cumin. |
| Black (turtle) beans, canned, sodium, <i>rinsed and drained</i> | | 2 No 10 cans | | 4 No 10 cans | 3. Divide tuna mixture evenly among pans. |
| Enchilada sauce | | 1 No. 10 can | | 2 No. 10 cans | 4. Divide cheese evenly among pans and spread on top of tuna mixture |
| Red onion, fresh, diced, <i>RTU</i> | | 5 cups | | 10 cups | 5. Cover pans with foil. Bake for 1 hour or until internal temperature of 165°F is reached for 15 seconds. |
| Chili Powder | | 3 Tbsp 2 tsp | | 1/3 cup | 6. Hold pan in warming cart. CCP: Hold above 135°F. |
| Cumin | | 2 Tbsp 1 tsp | | ¼ cup | 7. When serving, divide each full pan into 25 servings (5X5) equal sized servings. CCP: Hold above 135°F. |
| Monterey jack cheese, <i>finely shredded</i> | 1 lb 8 oz | | 3 lb oz | | 8. Serve over ½ cup rice. |
| Cooked Brown Rice | | 25 cups | | 50 cups | 9. Offer accompaniments and salsa as desired |
| Sour Cream and Guacamole <i>(optional accompaniment)</i> | | | | | |
| Salsa <i>(optional condiment)</i> | | | | | |

Time Saving Tips - prior to day of service:

- Mix together tuna, corn, beans, onions, enchilada sauce, chili powder and cumin; refrigerate covered; CCP: Hold below 41°F
- If using block Monterey jack cheese, shred In food processor, place in food storage container and cover; refrigerate; CCP: Hold below 41°F
- If using whole onions, wash, skin, chop in food processor to course dice; place in food storage container and cover; refrigerate; CCP: Hold below 41°F

Fiesta Tuna Rice Bowl

Meat/Meat Alternate – Vegetables – Grains

Main Dishes

StarKist Company

Notes:

Serving Size: 1 serving

Meal Equivalents:

2.25 meat/meat alternates

¼ cup starchy vegetable

¼ cup beans and peas (legumes)

1 oz. g/b (whole grain-rich)

Nutrients Per Serving

| | | | | | |
|---------------------|----------|----------------------|--------|----------------------|--------|
| Calories | 407 kcal | Saturated Fat | 3 g | Iron | 4.2 mg |
| Protein | 26.7 g | Cholesterol | 32 mg | Calcium | 167 mg |
| Carbohydrate | 62.7 g | Vitamin A | 481 IU | Sodium | 451 mg |
| Total Fat | 6.8 g | Vitamin C | 10 mg | Dietary Fiber | 11.5 g |

Note: Accompaniments and condiments not included in nutrient analysis. Nutrient analysis conducted using NutriKids.