ARKANSAS RICE

IN SCHOOLS

Arkansas Department of Education

Arkansas Farm to School

Arkansas Department of Agriculture

Arkansas Grown

Arkansas Made

Arkansas Rice

ABOUT ARKANSAS RICE

Arkansas is the nation's top rice-producing state, growing nearly half of all rice in the United States each year. More than 1.4 million acres of rice are planted annually across the Delta and Grand Prairie regions, where the soil and climate are ideal for cultivation.

Rice farming has deep roots in Arkansas, with generations of farm families contributing to both local communities and the global food supply. Each year, Arkansas rice farmers produce enough rice to feed millions of people around the world, while also supporting thousands of jobs and driving the state's economy.

Rice is not only a nutritious, versatile grain but also a vital part of Arkansas's agricultural identity. From family farms to school cafeterias, Arkansas rice connects local communities to tables across the globe.

WHY RICE?

Arkansas ranks **FIRST** among the six major rice-producing states, **accounting for more than 50 percent of U.S. rice production!**

Arkansas rice production is valued at more than **$1.4 billion.**

The state's rice industry gives more than **200,000 pounds** of rice annually to fight food insecurity in Arkansas.

Data shows **rice drives consumption of other healthy foods among kids**. Vegetables, lean proteins, and legumes were identified as the top foods consumed alongside rice for kids aged 0-17.

Rice supplies nutrients that often run low in diets including **folic acid and iron.**

Rice is grown in **40 counties** in Arkansas!

Arkansas produces approximately **10.9 billion pounds of rice** each year.

ARKANSAS RICE

WHERE TO PURCHASE

RALSTON FAMILY FARMS | Atkins, AR
(479) 641-1403 or jennifer@ralstonfamilyfarms.com

SPECIALTY RICE | Brinkley, AR
sales@specialtyrice.com or info@dellarice.com

CACHE RIVER RICE | Hickory Ridge, AR
(870) 697-2504 or shopcacheriverrice.com

POINSETT RICE & GRAIN | Jonesboro, AR
Ryan Carwell, ryan@poinsettrice.com

WINDMILL RICE | Jonesboro, AR
Dustin Hamilton, dhamilton@windmillrice.com

WESTERN FOODS | Pine Bluff, AR
Mark Holt, mholt@westernfoodsco.com

PRODUCERS RICE MILL | Stuttgart, AR
Hunter Henderson, hhenderson@producersrice.com

RICELAND FOODS | Stuttgart, AR
Whitt Hartz, whartz@riceland.com

ARKANSAS DEPARTMENT OF AGRICULTURE

RICE

RECIPES FOR SCHOOLS

Find more recipes at
usarice.com/thinkrice

Cheesy Sausage Breakfast Bake

This tasty K-12 school recipe was created by Chef Sam Cowens-Gasbarro of Healthy School Recipes.
Servings: 48

Ingredients

- 3⅛ pounds brown long-grain rice, parboiled, dry
- 3 quarts water
- 24 egg (.5 ounce m/ma)
- 1 quart milk, low fat
- 4 tablespoons onion, granulated
- 4 tablespoons garlic, granulated
- 1 tablespoon kosher salt
- 2 teaspoons black pepper, ground
- 1½ pounds shredded cheddar cheese, low sodium
- 1 pound turkey sausage crumbles, low sodium

Directions

1. Combine rice and water in a 4-inch steamtable pan for 48 servings. Stir to combine. Cover tightly.
   - Oven Method: Cook in a 350 °F oven for 20 minutes.
   - Steamer Method: Cook in a steamer for 15 to 20 minutes.
   - CCP: Heat to 135 °F for at least 15 seconds.
2. Remove from oven or steamer and let sit for 10 to 15 minutes. Cool properly. CCP: Cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.
3. Preheat oven to 350 °F.
4. Mix egg, milk, and seasonings together in a large bowl.
5. Spray two 2-inch steamtable pans with pan spray.
6. Place chilled rice in a layer at the bottom. Sprinkle evenly with sausage crumbles and cheese.
7. Pour egg mixture over the top and evenly distribute in the pan. Cover and bake for 45 minutes.
8. Remove from oven and add remaining cheese. Cover and place in warmer for 15 minutes to allow cheese to melt.
9. Cut the pans into 6 rows of 4 and serve.

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Great Day Rice Wrap

Recipe developed for USA Rice by Chef Cyndie Story, PhD, RD, CC.
Servings: 50

Ingredients

- 7 cups pork or turkey breakfast sausage pieces, frozen
- 3 quarts, ½ cup bell pepper, red or green, fresh, diced
- 6¼ cups yellow onions, fresh, diced
- ¼ cup garlic, fresh, minced
- 2 quarts whole eggs, fluid
- 1 cup water
- 2 cups green onions (scallions), diced
- 1¾ cup reduced fat cheddar cheese, shredded
- 2 teaspoons salt, table
- 2 teaspoons black pepper, ground
- 3 quarts, ½ cup white rice, cooked
- 1 cup cilantro, fresh, chopped
- 50 each 8-inch whole wheat tortillas

Directions

1. Lightly coat steam table pans with pan release spray. Place 14 ounces sausage, 2 pounds 10 ounces bell pepper, 1 pound onion, and 2 tablespoons garlic in each steam table pan (12″ x 20″ x 2 ½″). For 50 servings: 2 pans; For 100 servings: 4 pans
2. Bake, uncovered, until onions and peppers are tender-crisp. Conventional oven: 350°F for 15 minutes. Convection oven: 325°F for 10 minutes.
3. Remove pans from oven.
4. Add to each pan 1 quart eggs, ½ cup water, 1 cup green onions, 7 ½ ounces cheese, 1 teaspoon salt, 1 teaspoon black pepper, and 6 ¼ cups cooked rice. Stir to combine.
5. Cover and place in oven. Bake for 20 minutes or until eggs are set. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.
6. Remove pans from oven. Sprinkle ½ cup chopped cilantro over each pan.
7. To serve, place 1 cup (2 scoops of number 8 disher) of the egg and rice filling in the center of each tortilla. Fold one edge of the tortilla over the filling and pull back to distribute the filling. Fold the sides of the tortilla over the ends and roll up like a burrito.

Critical Control Point: Hold for service at 135°F or higher.

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Rice Pudding Parfait

This recipe was developed by Ron Jones and was the second-place winner of the K-12 Rice & Shine recipe contest.

Servings: 50

Ingredients

- 7 pounds, 4 ounces Rollen's RAW Grains, Gold Rice
- 2 gallons, 1 quart water
- 1 quart liquid eggs
- 4 gallons, 2 quarts milk, whole
- 1 pint, 1 cup honey
- 2 tablespoons cinnamon, ground
- 2 teaspoons nutmeg, ground
- 1 tablespoon table salt
- 2 tablespoons vanilla extract, imitation, no alcohol
- 3 quarts, 1 pint, 1 cup blueberries, raw
- 3 quarts, 1 pint, 1 cup strawberries, raw, halves
- 3 pounds, 2 ounces granola cereal

Directions

DAY 1:

1. Divide the rice and water into two 2-inch deep full-size hotel pans, place in the steamer, and cook for 40 to 45 minutes.
2. Remove the rice from the steamer and spread into a thin layer onto sheet pans to facilitate rapid cooling.
3. When the rice reaches 70°F, move it to the walk-in cooler to continue the chilling process.
4. Mix together the milk, eggs, honey, vanilla, cinnamon, nutmeg, salt, and cooked rice.
5. Spray four 2-inch deep full-size hotel pans with pan spray. Divide the mixture between the 4 pans.
6. Bake at 350°F until custard is set, approximately 45 minutes. Take temperature in all quadrants of the pan as well as the center.

DAY 2:

1. Wash the berries and trim as needed.
2. Into a 12-ounce clear cup, layer the following:
   - ¼ cup blueberries
   - ½ cup rice pudding
   - ¼ cup strawberries
   - ½ cup rice pudding
3. Top with 1 tablespoon of granola.

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School Breakfast Fried Rice

This recipe was developed by Catherine Easton and was the third-place winner of the K-12 Rice & Shine recipe contest.

Servings: 50

Ingredients

- 1 gallon brown rice
- 2 gallons water
- 2 cups chopped precooked bacon
- 2 cups of liquid eggs
- 2 tablespoons salt-free garlic and herb seasoning
- Hot sauce to taste
- Chopped green onion to garnish
- Olive oil to season tilt skillet as needed

Directions

1. Spray full size hotel pan with pan release, stir rice and water in pan and bake at 350 degrees covered with foil for an hour. Stir, then bake for another 15 minutes or until all water is cooked off.
2. Turn tilt skillet of flat top griddle to 300 degrees, season with olive oil to avoid sticking, place rice on skillet/griddle once it has reached temperature.
3. Season rice with the garlic and herb seasoning, stirring to combine.
4. Add bacon, stirring to combine. Add egg, chopping and stirring to combine with rice mixture. Once egg has cooked and rice is warmed through add hot sauce, stirring again to combine.
5. Scoop 4-ounce portions into bowls adding chopped green onion on top to garnish. Serve with hot sauce on the side and soy sauce if so desired.

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Mexican Red Rice

This delicious red rice features jasmine rice and was inspired by traditional Mexican rice.
Recipe developed for USA Rice by Chef Jason Hull of the USA Rice K-12 Advisory Board.
Servings: 50

Ingredients

- 1 cup olive oil
- 25 garlic cloves, minced
- 8 white onions, chopped small
- 12 ½ cups jasmine rice
- 1 gallon chicken stock
- 2 cups water
- 1½ cup tomato paste
- 14 roma tomatoes or 1 #10 can, diced
- 3 tablespoons kosher salt

Directions

1. In a blender, add garlic, onion, tomato, tomato paste and 2 cups water. Blend.
2. In a large roaster over medium heat, add oil and rice, sauté until light brown.
3. Add blended mix, salt and chicken stock.
4. Cover and cook on low for 25-30 minutes until rice is cooked.

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Yellow Rice

This staple rice dish is found in many global cuisines and is flavorful, fun, and versatile. This tasty K-12 school recipe was created for us by Chef Sam Cowens-Gasbarro.
Servings: 50

Ingredients

- 6½ pounds brown long grain, parboiled rice, dry
- ½ cup vegetable oil
- 6½ quarts low-sodium vegetable stock

Yellow Rice Seasoning Blend

- 4 tablespoons turmeric
- 4 tablespoons garlic, granulated
- 4 tablespoons onion, granulated
- ½ teaspoon kosher salt

Directions

1. Create seasoning blend by mixing all seasonings in a small bowl.
2. Combine rice, oil, seasonings, and stock into a steamtable pan. Stir to combine. Cover tightly.
   - For 50 servings use one, 4-inch full steamtable pan.
   - Parboiled rice: cook in a 350 °F oven for 35 to 40 minutes.
   - CCP: Heat to 135 °F for at least 15 seconds.
3. Remove from oven or steamer and let sit for 10 to 15 minutes.
4. Remove cover; fluff rice before serving.
   - CCP: Hold warm, above 135° F for service.

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Broccoli and Rice Casserole

Students will love this cheesy and filling dish and so will you! It's versatile enough to use as a vegetable side or have it rice forward to meet your grain requirements. This recipe stars long grain white rice and comes from Chef Bettina Applewhite of USA Rice's K-12 Chef Advisory Board.

Servings: 50

Ingredients

- 8 pounds broccoli, frozen
- 20 cups cooked rice
- 8 cups cheese sauce
- 2 cups shredded cheddar cheese
- pan spray

Directions

1. Preheat convection oven to 350°.
2. Prepare hotel pans by spraying with pan spray for 5 seconds for each pan used.
3. Mix cooked rice, cheese sauce, and broccoli.
4. Divide evenly between pans.
5. Top with 1 cup of shredded cheese per pan. Cover each pan with aluminum foil.
6. Bake in oven for approximately 30-40 minutes until casserole reaches a minimum internal temperature of 145°. During the last 10 minutes of cooking, remove the foil so that the shredded cheese can melt and turn golden in color.

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K-12 Jambalaya

This tasty K-12 school recipe was created by Chef Sam Cowens-Gasbarro.

Servings: 50

Ingredients

- 6½ pounds brown long grain parboiled rice, dry
- 3½ pounds peppers and onions, frozen
- 1 gallon, 1½ cups diced tomatoes with juice, unsalted
- 2½ quarts (80 ounces) tomato sauce, unsalted
- 5 cups (40 ounces) chicken stock
- 4¾ pounds cooked chicken diced (1½ mma/serving)
- 1¾ pounds cooked turkey sausage crumble (½ mma/serving)
- 3 cups green onions, cut diagonally

Cajun Seasoning

- 6 tablespoons paprika
- 6 tablespoons onion, granulated
- 6 tablespoons garlic, granulated
- 2 teaspoons kosher salt
- 4 teaspoons chili powder
- 4 teaspoons thyme, dried
- 4 teaspoons oregano, dried
- 4 teaspoons black pepper
- 1 teaspoon mustard, dry
- 3 tablespoons celery seed

Directions

1. Place 3 ¼ pounds of rice into each 4-inch-deep full-sized steamtable pans. Use 2 pans for 50 servings.
2. Create Cajun seasoning by combining all seasonings and toss rice with seasoning mix.
3. Add peppers and onions, diced tomatoes, tomato sauce, chicken stock, cooked chicken, and cooked sausage.
4. Cover pans tightly.
    - Oven Method: Cook in a 350 °F oven for approximately 90 minutes.
    - CCP: Heat to 165 °F for at least 15 seconds. Hold for service at 135 °F or higher.

To serve:

1. Serve two #4 scoops or dishers (level and not packed) to serve two cups per serving.
2. Garnish with green onions.

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Homestyle Meatloaf

This classic meatloaf dish featuring U.S.-grown long grain rice will be a hit with everyone at the table!

Servings: 24

Ingredients

- 24 ounces tomato sauce, divided
- ¾ cup ketchup
- 6 pounds lean ground beef
- 6 cups cooked us white long grain rice
- 6 cups green bell pepper, chopped
- 2 cups onion, finely chopped
- 6 eggs
- 1 tablespoon dried oregano
- 1½ tablespoons salt
- 2 teaspoons black pepper
- 2 tablespoons Worcestershire sauce

Directions

1. Preheat oven to 350 degrees F.
2. Combine ⅓ cup of the tomato sauce with the ketchup in a bowl and set aside.
3. Combine the remaining ingredients in a large bowl. Mix until just blended. Do not overmix.
4. Line 2 rimmed baking sheets with heavy duty foil and coat with cooking spray.
5. Place 3 mounds of beef mixture on each sheet pan and shape each mound into a loaf (about 8 x4 x 11/2 inches)*. Bake 25 minutes, alternate oven racks and rotate baking sheets. Bake 22-25 minutes or internal temperature reaches 160 degrees F.
6. Remove meatloaves from oven, brush the ketchup mixture evenly over top and sides of each loaf and let stand 10 minutes before slicing. Yields six loaves.

Recipe Notes

To make sure the loaves are uniform in size, place equal amounts of meat mixture in a 9 x 5-inch loaf pan coated with cooking spray. Press down gently to take the shape of the loaf pan, invert onto the baking sheet. Repeat with remaining meat mixture until 6 loaves are created. Shape each loaf to measure about 8 x 4 x 11/2 inches.

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Bahn Mi Chicken and Rice

This recipe stars U.S.-grown white rice and comes from Chef Reggie Sloan of USA Rice's K-12 Chef Advisory Board.

Servings: 50

Ingredients

Steamed White Rice

- 4 pounds rice
- 2 ounces margarine
- 1 gallon water

Bahn Mi

- 4 pounds teriyaki chicken, diced
- 13 ounces shredded carrots
- 1 pounds cucumber, julienne sliced
- 13 ounces radish
- ¾ quart water
- ¾ quart rice vinegar or distilled vinegar
- 1 ½ cups sugar

Directions

Steamed White Rice

1. Spray 4" full-sized steamtable pans with non-stick spray. Mix 4 pounds of rice, 1 gallon of water, and 2 ounces of margarine in each 4" full-size steam table pan. (Each 4 pound quantity provides 50-54 - ½ cup servings)
2. Place in steamer uncovered for 25 minutes. Stir and return for an additional 5 minutes.
3. Remove from steamer. Cover with plastic wrap but perforate with several holes. This prevents rice from continuing to cook and swell.
4. Note: Each steamtable pan prepared with 4 pounds of rice provides approx.

Bahn Mi

1. Combine the water, vinegar, sugar and stir to dissolve.
2. Pour the liquid over the shredded carrots, sliced cucumbers, and shredded radishes and set overnight in the cooler or at least one hour before preparing.
3. Spread chicken over a parchment lined sheet pan and bake for 15-20 min or until sauce is caramelized and internal temp. is 165 for at least 15 seconds.
4. Cook the rice fully until tender in the steamer. Place 1 cup of rice in a bowl.
5. Using a 4-ounce spoodle, add chicken to the rice.
6. Top with 1 ounce of cucumbers, carrots, and radishes.
7. Garnish with cilantro.

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