

Jollof Rice



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12054

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA	1 Cup		330252
ONION DCD 1/2IN	2 1/4 Pound		426059
SPICE GINGER GRND	1 1/4 Tablespoon		513695
GARLIC MINCED IN WTR	1/4 Cup		907713
PEPPERS RED DCD 3/8IN	1 1/4 Quart		581992
TOMATO DCD IN JUICE	1 Pint 1 7/8 Cup (3 7/8 Cup)	READY_TO_EAT None	501031
SAUCE TOMATO	1 Pint 1 5/8 Cup (3 5/8 Cup)		306347
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND	1/2 Teaspoon		225088
SPICE PAPRIKA	1/2 Teaspoon		518331
SPICE CURRY POWDER	1/4 Cup		224804
BASE VEG LO SOD	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	7 1/2 Pound	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
PEAS & CARROT 12-2.5 GCHC	2 3/8 Quart		119458
CILANTRO CLEANED	1 3/4 Quart		219550

Preparation Instructions

Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

Notes:

1: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.161
OtherVeg	0.211
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	359.66		
Fat	3.01g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	183.72mg		
Carbohydrates	76.58g		
Fiber	2.74g		
Sugar	1.91g		
Protein	8.59g		
Vitamin A	200.02IU	Vitamin C	11.75mg
Calcium	17.17mg	Iron	2.20mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available