

Brown Rice Pilaf



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12036

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2IN	2 Pound		426059
PEPPERS GREEN DCD 1/4IN	2 Pound		198331
GARLIC MINCED IN WTR	1 Fluid Ounce 5/8 Tablespoon (2 5/8 Tablespoon)		907713
SALT IODIZED	1 1/4 Tablespoon		108286
SPICE PEPR BLK REST GRIND	2 Teaspoon		225061
SPICE CELERY SALT	1 1/4 Tablespoon		231517
MUSHROOM SLCD 1/16IN	1 1/4 Quart		444823
THYME FRESH	1 1/4 Tablespoon		562726
BROTH CHIX NO MSG	1 1/2 Gallon		261564
TOMATO PASTE 26	1 Pint 1 Cup 1 Fluid Ounce (50 Tablespoon)		100196
RICE BRN PARBL WGRAIN	6 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

Description	Measurement	Prep Instructions	DistPart #
SPINACH	3 Quart 1 Cup (13 Cup)		560712
CRANBERRY DRIED SWTND	1 Quart		350882
CHEESE PARM SHVD	1 Pint 1/2 Cup (2 1/2 Cup)		140560
PARSLEY CALIF CLND	1/2 Cup		272396

Preparation Instructions

Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.

Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

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

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

Bake:

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

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

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

Garnish with parsley.

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 dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	4.160
Fruit	0.080
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.092
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		440.04	
Fat		6.32g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		10.00mg	
Sodium		434.95mg	
Carbohydrates		84.07g	
Fiber		3.22g	
Sugar		6.22g	
Protein		12.50g	
Vitamin A	0.02IU	Vitamin C	0.10mg
Calcium	128.99mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available