

# Fruit 'n Rice Pilaf

**Makes:** 50 servings

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Ingredients	Weight	Measure
Brown or white rice	1 pound 8 ounces	2 quarts
Bacon; diced	1 pound	
Coarsely chopped onion	1 pound	4 medium
Chicken-flavored broth; reconstituted	64 fluid ounces	2 quarts
Diced California figs	1 pound 8 ounces	1 quart
Frozen mixed vegetables	2 pounds	1 quart
Dried parsley flakes	1/2 ounce	1/2 cup
Lemon juice	4 fluid ounces	1/2 cup
Ground cinnamon		2 teaspoons

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>169</b>	
Total Fat	5 g	
Protein	7 g	
Carbohydrates	24 g	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	384 mg	

## Directions

1. In heavy frypan or stockpot, sauté bacon until crisp. Drain all but 2 to 4 tablespoons drippings. Stir in rice and onion; cook and stir until rice is browned, about 4 minutes.
2. Add chicken broth; heat to boiling. Reduce heat; cover and cook until rice is almost tender, about 4 to 6 minutes. Stir in remaining ingredients. Recover and cook 3 to 5 minutes more or until vegetables are heated through and tender.

3. Allow to stand, covered, to steam 10 to 15 minutes longer. Stir to fluff and serve piping hot in 1/2 cup portions.