

Brown Rice Pilaf - USDA Recipe B220

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Vegetable - Other, Grains

B22

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, diced 1/4"	8 oz	1 1/2 cups	1 lb	3 cups	<ol style="list-style-type: none"> 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.
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups	
Garlic, minced		2 tsp		1 Tbsp 1 tsp	<ol style="list-style-type: none"> Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.
Salt		1 tsp		2 tsp	
Ground black pepper		1/2 tsp		1 tsp	
Ground white pepper		1/2 tsp		1 tsp	
Celery salt		1 tsp		2 tsp	
*Fresh mushrooms, sliced	4 oz	1 1/4 cups	8 oz	2 1/2 cups	

Low-sodium chicken broth		1 qt 2 cups		3 qt	3. 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.
Canned no-salt-added tomato paste	8 oz	3/4 cup 2 Tbsp	1 lb	1 3/4 cups (approx. 1/8 No. 10 can)	
Brown rice, long-grain, regular, dry, parboil	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	4. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). 5. Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly. 6. Bake: 7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Remove rice from oven. Set aside for step 9.
*Fresh spinach, chopped	8 oz	3 1/4 cups	1 lb	1 qt 2 1/2 cups	9. Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.
Dried Cranberries	5 oz	1 cup	10 oz	2 cups	
Fresh parmesan cheese, shaved	2 oz	1/2 cup 2 Tbsp	4 oz	1 1/4 cups	10. Critical Control Point: Hold for hot service at

Fresh parsley, minced

2 Tbsp

1/4 cup

11. Garnish with parsley.

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

Notes

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

Cooking Process #2: Same Day Service

Serving

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.

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

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	9 oz	1 lb 2 oz
Fresh green bell peppers	10 oz	1 lb 4 oz
Mushrooms	4 oz	8 oz
Spinach	8 oz	1 lb

Serving	Yield	Volume
See Notes	25 Servings: about 6 lb 3 oz 50 Servings: about 12 lb 6 oz	25 Servings: about 3 quarts 1/3 cup / 1 steam table pan (12" x 20" x 4") 50 Servings: about 1 gallon 2 quarts 2/3 cup / 2 steam table pans (12" x 20" x 4")

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Nutrients Per Serving

Calories	150	Saturated Fat	1 g	Iron	1 mg
Protein	4 g	Cholesterol	2 mg	Calcium	44 mg
Carbohydrate	29 g	Vitamin A	1019 IU	Sodium	187 mg
Total Fat	2 g	Vitamin C	8 mg	Dietary Fiber	3 g