

VEGETABLE CURRY WITH RICE

Yield 100

Portion 2-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
458 cal	98 g	12 g	3 g	0 mg	688 mg	109 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
VEGETABLE BROTH		2 gal 1 qts	
TOMATOES,CANNED,DICED,DRAINED	4-1/8 lbs	1 qts 3-1/2 cup	
POTATOES,FRESH,CHOPPED	12 lbs	2 gal 3/4 qts	14-7/8 lbs
SQUASH,BUTTERNUT,FRESH,CUBED	6-1/8 lbs	1 gal 1 qts	7-1/3 lbs
BEANS,GARBANZO,CANNED,DRAINED	11-5/8 lbs	1 gal 1-1/2 qts	
APPLESAUCE,CANNED,SWEETENED	7 lbs	3 qts 1/2 cup	
CAULIFLOWER,FROZEN	5 lbs		
CARROTS,FROZEN,SLICED	5-1/8 lbs	1 gal 1/2 qts	
RAISINS	1-1/8 lbs	3-1/2 cup	
CURRY POWDER	10-1/4 oz	2-7/8 cup	
GARLIC POWDER	13-5/8 oz	2-7/8 cup	
SALT	7/8 oz	1 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	10-1/2 lbs	2 gal	12-7/8 lbs
SQUASH,ZUCCHINI,FRESH,JULIENNE	4 lbs	1 gal	4-1/4 lbs
PEAS,GREEN,FROZEN	4-1/2 lbs	3 qts 2 cup	
RICE,BROWN,LONG GRAIN,DRY	12-1/2 lbs	1 gal 3-2/3 qts	
WATER	33-1/2 lbs	4 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Drain the diced tomatoes, save the juice, set tomatoes aside. Prepare the stock according to package directions using the reserved juice from the tomatoes and water.
- 2 In a steam-jacketed kettle or stock pot, add vegetable broth, potatoes and squash, bring to a boil. Cover, cook 8 minutes or until potatoes are tender.
- 3 Add chick peas, applesauce, cauliflower, carrots, tomatoes, raisins, curry powder, garlic powder, salt, cumin and onions. Stir well. Bring to a boil; reduce heat; simmer 7 minutes. Stir occasionally.
- 4 Add peppers and zucchini; return to a simmer. Simmer 9 to 11 minutes or until all vegetables are tender. Stir occasionally.
- 5 Add peas; stir; simmer 3 minutes or until peas are heated through. CCP: Hold for service at 140 F. or higher.
- 6 Combine rice, water, and salt. Bring to a boil; stir; cover tightly; simmer 25 minutes or until most of water is absorbed. Do not
- 7 Remove from heat; transfer to shallow pans. Cover. CCP: Hold for service at 140 F. or higher.
- 8 Serve 1-1/2 cups vegetable curry over 1 cup rice.

Notes

- 1 In Step 2, 7 pounds frozen butternut squash cubes may be used per 100 portions. Add with pepper-onion blend in Step 4.
- 2 In Step 3, 5 pounds fresh cauliflower florets may be used per 100 portions. Add in Step 2.
- 3 In Step 3, 5 pound fresh, peeled 1/4-inch sliced carrots may be used per 100 portions. Add in Step 2.
- 4 In Step 4, 5 pounds frozen sliced zucchini or summer squash may be used per 100 portions.