



# Quinoa and Brown Rice Saute



**No.** E-027-00

**Yield** 25 Portions

**Each Portion**  $\frac{3}{4}$  cup (5 oz)

**Pan Size and Number**

Steam-Jacketed Kettle, 12 x 20 x 2- $\frac{1}{2}$ -Inch Steam Table Pans (1), Tilt Skillet

**Temp** 350°F

**Time** 1 hr. 35 min.

**Cereals and Pasta Products**

**Go for Green® Color and Sodium Codes**

Green (Eat Often) Moderate Sodium

## Nutrition Facts

Calories 192

Carbohydrates  
30 g

Sugars\* 2 g

Protein 5 g

Fat 6 g

Saturated Fat  
0.5 g

Cholesterol 0 mg

Sodium 580 mg

Calcium 24 mg

Fiber 2.9 g

## Ingredients

Ingredient	Measure	Weight	Approx. Issue
QUINOA, TRI-COLORED	2- $\frac{2}{3}$ cups	12 oz	
WATER	3- $\frac{3}{4}$ cups	1 lb 14 oz	
RICE, BROWN, PARBOILED	2 cups	14 oz	
WATER	1 qt + $\frac{3}{4}$ cup	2 lb 6 oz	
OIL, VEGETABLE, CANOLA	$\frac{1}{2}$ cup	4 oz	
ONION, FRESH, DICED $\frac{1}{4}$ -INCH	2- $\frac{3}{4}$ cup	1 lb	1 lb 2 oz
GARLIC, FRESH, MINCED	2 tbsp	1 oz	1- $\frac{1}{4}$ oz

PEPPERS, FRESH, RED BELL, DICED ¼-INCH	1-½ cup	8 oz	10 oz
PEPPERS, FRESH, YELLOW BELL, DICED ¼-INCH	1-½ cup	8 oz	10 oz
CORN, FROZEN	3 cup	1 lb	
SALT	1 tbsp + 1-½ tsp	1 oz	
PEPPER, BLACK, GROUND	1 tsp	¼ oz	
SEASONING, SANTA FE, SPICE BLEND	1 tbsp + 1-½ tsp	½ oz	
PARSLEY, FRESH, CHOPPED	¼ cup	1 oz	1-¼ oz
SCALLIONS, FRESH, SLICED THIN	¼ cup	1 oz	1-¼ oz

## Directions

### CP: Thaw corn under refrigeration at 41°F.

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Bring cold water to a boil in a steam-jacketed kettle or stock pot. Add quinoa and stir. Reduce heat; simmer covered for 20 to 25 minutes until quinoa is cooked and tender. CP: Hold hot for use in Step 6.
- Bring cold water to a boil in a separate steam-jacketed kettle or stock pot. Add rice and stir. Reduce heat; simmer covered for 40 to 45 minutes until rice is cooked and tender. CP: Hold hot for use in Step 6.
- Sauté onions in oil in a tilt skillet for 4 to 5 minutes until onions become translucent. Add garlic and cook for an additional 2 to 3 minutes.
- Add peppers and corn; sauté for 8 to 10 minutes until peppers are tender.
- Add cooked quinoa, brown rice, salt, pepper, Santa Fe seasoning and sauté for 8 to 10 minutes until the rice begins to turn golden brown.
- Add parsley and scallions to the quinoa and brown rice mixture. Stir to combine. CP: Hold for hot service at 135°F (57°C).

### Recipe Notes

- In Step 2, 12 oz plain white quinoa, per 25 portions, may be substituted for the tri-colored quinoa.
- In Step 6, this recipe was tested with McCormick Santa Fe spice blend. If unavailable, may substitute with the following seasoning blend per 25 portions:

- CHILI POWDER 1-½ tsp
- CELERY SEED ¾ tsp
- PEPPER, BLACK, GROUND ¾ tsp
- CUMIN, GROUND ¾ tsp
- GARLIC, GRANULATED ½ tsp
- OREGANO, CRUSHED ½ tsp

3. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.