



Quinoa Southwest Pilaf

Yield 100 Portions
Each Portion 6 oz.

Calories	Carbs	Protein	Fat	% Cal from Fat	Chol.	Sodium	Fiber/Dtry	Calcium
170	28 g.	8 g.	3 g.	16%	0 mg.	135 mg.	4 g.	4%

Ingredients	Weight	Measure	Issue
InHarvest White Quinoa	8 lbs.		
Vegetable stock, boiling		8 qts.	
Cumin, ground		10 T. + 2 t.	
Black beans, canned, drained		4 c.	
Corn kernels, frozen		4 c.	
Cilantro, fresh chopped		4 c.	

METHOD

1. Into each of 4 hotel pans, add 2 lbs. InHarvest White Quinoa, 2 qts. hot stock, 2 T. + 2 t. ground cumin, 1 c. black beans, 1 c. corn, mix until combined.
2. Cover with foil and place in 350°F oven for 21 minutes.
3. Stir in 1 c. fresh chopped cilantro into each pan before serving.