



Southwest Barley Pilaf



No. E-028-00

Yield 25 Portions

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

Pan Size and Number 12 x 20 x 2- $\frac{1}{2}$ -Inch Steam Table Pans (1)

Temp 325°F (163°C)

Time 1 hr 15 min.

Cereals and Pasta Products

Go for Green® Color and Sodium Codes

Green (Eat Often) Moderate Sodium

Nutrition Facts

Calories 225

Carbohydrates
47 g

Sugars* 2 g

Protein 8 g

Fat 1 g

Saturated Fat
0.2 g

Cholesterol 0 mg

Sodium 314 mg

Calcium 40 mg

Fiber 10.8 g

Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER	3 qt	6 lb	
BASE, VEGETABLE, LOW SODIUM	$\frac{1}{4}$ cup	2- $\frac{2}{3}$ oz	
CHILI POWDER	1 tbsp	0.26 oz	
CUMIN, GROUND	1 tbsp	0.25 oz	
GARLIC, GRANULATED	1 tbsp	0.37 oz	
ONION, POWDER	1 tbsp	0.23 oz	
PEPPER, RED, FLAKES	2 tsp	0.13 oz	

SALT	2 tsp	0.43 oz	
CORIANDER LEAVES, DRIED	¾ tsp	0.02 oz	
BARLEY, PEARL	1-¼ qt	2 lb	
CORN, FROZEN, WHOLE KERNEL, THAWED	4-⅔ cups	1 lb 13 oz	
BEANS, BLACK, CANNED, DRAINED	4-½ cups	1 lb 10 oz	
PEPPERS, RED, BELL, DICED ¼-INCH	1 qt	1 lb	1 lb 4 oz
CILANTRO, FRESH, CHOPPED	½ cup	1 oz	1-¼ oz

Directions

CP: Thaw corn under refrigeration at 41°F (5°C).

- 1 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.
- 2 Combine water, vegetable base, chili powder, cumin, granulated garlic, onion powder, red pepper flakes, salt and coriander in a steam-jacketed kettle or stockpot; stirring to ensure that all ingredients are blended well. Bring to a boil; turn off heat; cover. CP: Hold hold at 135°F (57°C) for use in Step 5.
- 3 Combine barley, corn, black beans and bell peppers in a (12 x 20 x 2-½-inch) steam table pan. Carefully pour the reserved hot seasoned vegetable broth over the barley mixture; stir to combine. Cover pan.
- 4 Using a convection oven, bake covered at 325°F (163°C) on high fan, closed vent for 1 hour 15 minutes until the barley is tender and most of the water is absorbed. CCP : Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
- 5 Fluff barley lightly with fork before serving; cover. CP: Hold for hot service at 135°F (57°C). Sprinkle cilantro over the pan prior to serving.

Recipe Notes

1. Two No. 10 scoops may be used for each portion.
2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.