

JOLOFF RICE

Yield 100 Portions
Each Portion 4 OZ

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
214 kcal	46 gm	5 gm	1 gm	4.2 %	1 mg	360 mg		31 mg

Ingredients	Weight	Measure	Issue
ONIONS, YELLOW	5 lbs		
OIL, SALAD, CANOLA	0 lbs 2 oz	4 tbsp 1/2 tsp	
TOMATO, PASTE	0 lbs 6 oz	10 tbsp 1 1/8 tsp	
SOUP BASE, VEGETARIAN	0 lbs 13 oz	1 c 8 tbsp 1 3/8 tsp	
WATER	24 lbs	2 gal 3 qt 1 pt 1/8 tsp	
RICE, PARBOILED, LONG GRAIN	12 lbs	1 gal 3 qt 1 c 8 tbsp 1 7/8 tsp	
GARLIC, DRY	0 lbs 4 oz		
PEPPERS, GREEN	10 lbs	1 gal 3 qt 1 pt 7 tbsp 1/4 tsp	

METHODS

- 1 In the steam jacketed kettle heat oil. Sauté chopped onion and chopped garlic for 4 minutes.
- 2 Add tomato paste and cook for about 3 minutes stirring constantly.
- 3 Add rice, diced green pepper and mix into the tomato mixture. Add chicken base and water, stir to mix. Bring to a boil. Lower to simmer, cover and cook for 20 minutes or until rice is cooked.
- 4 Remove from kettle, place into serving pans. Cover. CCP: Hold for service at 140 F. or higher.