



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Vegetable Stew with Brown Rice

Makes: 6 or 50 Servings



Ingredients	6 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Frozen chopped spinach		1 cup		8 cups
Red onion		1/4 cup		2 cups
Zucchini		1 zucchini		6 cups
California mix (broc. caul. carrots)		1 lb		6 lbs
Oil		2 tsp		4 Tbsp
Salt		1 tsp		2 Tbsp
Pepper		1 tsp		4 Tbsp
Curry		2 tsp		3 Tbsp
Water		1 cup		1 qt
Canned chick peas (rinsed)		1 cup		6 cups
Canned kidney beans (rinsed)		1 cup		6 cups
Canned sweet potato puree		1 cup		6 cups
Brown rice		1 cup		12 cups
Salt		1 tsp		8 tsp
Water		2 cup		24 cups

Directions

1. 6 Servings: Preheat the oven to 425° F.
2. Chop the onion. Toss in 1 teaspoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
3. Toss the California mix, zucchini, and spinach in a large bowl with 1 teaspoon of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
4. Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
5. Add the zucchini, sweet potatoes puree, ½ cup of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add ½ cup of water to a blender to help mixture release from the blender, put into pot.
6. Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
7. 50 Servings: Preheat the oven to 425° F.

8. Chop the onion. Toss in 2 tablespoon of oil and put the onions on a sheet tray. Place the sheet tray in the oven and cook the onions until the turn color after about 20 minutes.
9. Toss the California mix, zucchini, and spinach in a large bowl with 2 tablespoons of oil. Place the mixture on a sheet tray and in the oven for 25 minutes.
10. Take the onions out of the oven and sprinkle the curry over them. Place the tray back in the oven for another 5 minutes.
11. Add the zucchini, sweet potatoes puree, 2 cups of water, and the curried red onions in a blender. Blend until smooth. Return the mixture to a pot with remaining of sweet potatoes. Add the rest of the water to a blender to help mixture release from the blender, put into pot.
12. Place red beans and chickpeas into a hotel pan. Add the roasted California mix, zucchini, and spinach to the beans. Add pureed sweet potatoes and red onion curry mix to the vegetable toss. Serve over brown rice.
13. Both Quantities: A serving consists of 1 cup of vegetable stew and $\frac{1}{2}$ of a cup of cooked brown rice.

My Notes

Source: Bridgehampton UFSD (Recipes for Healthy Kids Competition)

