

Vegetable Rice

Saint Paul Public Schools

HACCP Process: #2 Same Day Service

One portion provides: 1/2 serving grains/breads

Number of Portions: 100

Portion Size: 1/2 cup

Ingredients	
Cilantro, raw	5 1/8 oz
Carrots, sliced, canned, drained	3 1/8 cups
Onions, raw, chopped	3 1/8 cups
Garlic, raw, diced	2 Tbsp + 1/4 tsp
Water	3 1/8 cups
Vegetable oil	3/4 cup + 1/2 tbsp
Chicken base	2 1/8 tbsp
Salt	1 Tbsp + 1/8 tsp
White rice, long-grain, reg, raw	1 qt + 2 1/4 cups
Water	2 qts + 1 1/4 cups

Instructions

1. Puree cilantro, carrots, onions and minced garlic until smooth. Add water and blend until well combined.
2. Heat oil in kettle, add salt and chicken base.
3. Add rice, pureed vegetable mixture and remaining water to kettle and cook for 10 minutes on high.
4. Transfer to steam table pans, cover and bake at 350° F until water is absorbed.
5. Serve 1/2 cup of Vegetable Rice with 3/8 cup Chicken Suqaar.

Nutritional Information					
Calories	62	Iron	1 mg	Protein	1 g 7%
Cholesterol	0 mg	Calcium	8 mg	Carbohydrates	10 g 66%
Sodium	140 mg	Vitamin A	598 IU	Total Fat	1.8 g 26.7%
Dietary Fiber	0 g	Vitamin C	1 mg	Saturated Fat	0.3 g 3.8%
				Trans Fat	0.0 g 0.0%