



Summer Vegetable Brown Rice

E-014-50

Cereals, Rices and Pasta
Products

G4G Color Code

Green

Sodium Code

Moderate

Temperature

350°F (177°C)

Ingredients

Rice

Item	Measure	Weight	Approx issue
WATER, WARM	2 gal + 1 qt	20 lb 5 oz	
BASE, VEGETABLE, LOW SODIUM	½ cup + 1 tbsp	2 oz	
RICE, BROWN, LONG GRAIN, PARBOILED	1 gal + 3 cup	7 lb 15 oz	
SALT	3 tbsp	1-7/8 oz	
GARLIC, GRANULATED	¼ cup	1-½ oz	
THYME, LEAVES, DRIED	2 tbsp	0.27 oz	
PEPPER, WHITE, GROUND	1 tbsp	0.27 oz	

Vegetables

Item	Measure	Weight	Approx issue
OIL, CANOLA	1-¼ cup	10 oz	
SQUASH, SUMMER, ¼-INCH COINS	3 qt	2 lb 12 oz	3 lb 5 oz
CARROTS, MATCHSTICK, RTU	3 qt	1 lb 14 oz	
BROCCOLI, ¾-INCH FLORETS	3 qt	1 lb 6 oz	1 lb 12 oz
SALT	2 tbsp + 2 tsp	1-½ oz	
GARLIC, GRANULATED	2 tbsp	0.69 oz	
THYME, LEAVES, DRIED	1 tbsp	0.13 oz	

Yield

100 Portions

Each Portion

¾ cup (3-½ oz)

Pan Size and Number

12 x 20 x 16-Inch Steam Table Pans (3)

Time

55 - 60 min.

Nutrition Facts

Calories	170
Carbohydrates	31 g
Sugars*	1 g
Protein	3 g
Fat	4 g
Saturated Fat	0.4 g
Sodium	399 mg
Calcium	17 mg
Fiber	1.9 g

Directions

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice squash to ¼-inch coins and broccoli to ¾-inch florets.
2. Preheat oven to 350°F (177°C) and tilt skillet to 350°F (177°C).
3. Rice: Reconstitute vegetable base paste with warm water.
4. In each pan combine 3 qt (6 lb 4 oz) vegetable broth, 6-½ cup (2 lb 9 oz) rice, 1 tbsp (0.63 oz) salt, 1 tbsp + 1 tsp (0.46) garlic, 2 tsp (0.09 oz) thyme and 1 tsp (0.08 oz) pepper. Stir to combine. Cover and bake at 350°F (177°C) for 55 to 60 minutes. CCP: Internal temperature must reach 135°F (57°C).
5. Vegetables: Heat oil on tilt skillet. Sauté squash, carrots and broccoli with salt, garlic and thyme. Cook vegetables for 10 to 12 minutes or until broccoli is cooked through.
6. Remove rice from oven. Toss rice and vegetables together. Serve immediately or CP: hold hot at 135°F (57°C).

Recipe Notes

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
3. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.