

## Southwest Barley Pilaf

E-315-00

Cereals, Rices and Pasta  
Products

G4G Color Code

Green

Sodium Code

Moderate

Temperature

325°F (163°C)

Yield

25 Portions

Each Portion

¾ cup (5-¾ oz)

Pan Size and Number

12 x 20 x 2-½-Inch Steam Table Pans  
(1)

Time

1 hr 15 min.

### 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

Item	Measure	Weight	Approx issue
WATER	3 qt	6 lb	
BASE, VEGETABLE, LOW SODIUM	¼ cup	2-¾ 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	4-¾ 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.
3. Original recipe number: E-028-00