



Quinoa and Brown Rice Saute

E-325-00

Cereals, Rices and Pasta
Products

G4G Color Code

Green

Sodium Code

Moderate

Temperature

350°F

Yield

25 Portions

Each Portion

¾ cup (5 oz)

Pan Size and Number

Steam-Jacketed Kettle, 12 x 20 x 2-½-
Inch Steam Table Pans (1), Tilt Skillet

Time

1 hr. 35 min.

Nutrition Facts

Calories 192
 Carbohydrates 30 g
 Sugars* 2 g
 Protein 5 g
 Fat 6 g
 Saturated Fat 0.5 g
 Cholesterol 0 mg
 Sodium 580 mg
 Calcium 24 mg
 Fiber 2.9 g

Ingredients

Item	Measure	Weight	Approx issue
QUINOA, TRI-COLORED	2-⅔ cups	12 oz	
WATER	3-¾ cups	1 lb 14 oz	
RICE, BROWN, PARBOILED	2 cups	14 oz	
WATER	1 qt + ¾ cup	2 lb 6 oz	
OIL, VEGETABLE, CANOLA	½ cup	4 oz	
ONION, FRESH, DICED ¼-INCH	2-¾ cup	1 lb	1 lb 2 oz
GARLIC, FRESH, MINCED	2 tbsp	1 oz	1-¼ oz
PEPPERS, FRESH, RED BELL, DICED ¼-INCH	1-½ cup	8 oz	10 oz
PEPPERS, FRESH, YELLOW BELL, DICED ¼-INCH	1-½ cup	8 oz	10 oz
CORN, FROZEN	3 cup	1 lb	
SALT	1 tbsp + 1-½ tsp	1 oz	
PEPPER, BLACK, GROUND	1 tsp	¼ oz	
SEASONING, SANTA FE, SPICE BLEND	1 tbsp + 1-½ tsp	½ oz	
PARSLEY, FRESH, CHOPPED	¼ cup	1 oz	1-¼ oz
SCALLIONS, FRESH, SLICED THIN	¼ cup	1 oz	1-¼ oz

Directions

CP: Thaw corn under refrigeration at 41°F.

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. Bring cold water to a boil in a steam-jacketed kettle or stock pot. Add quinoa and stir. Reduce heat; simmer covered for 20 to 25 minutes until quinoa is cooked and tender. CP: Hold hot for use in Step 6.
3. Bring cold water to a boil in a separate steam-jacketed kettle or stock pot. Add rice and stir. Reduce heat; simmer covered for 40 to 45 minutes until rice is cooked and tender. CP: Hold hot for use in Step 6.
4. Sauté onions in oil in a tilt skillet for 4 to 5 minutes until onions become translucent. Add garlic and cook for an additional 2 to 3 minutes.
5. Add peppers and corn; sauté for 8 to 10 minutes until peppers are tender.
6. Add cooked quinoa, brown rice, salt, pepper, Santa Fe seasoning and sauté for 8 to 10 minutes until the rice begins to turn golden brown.
7. Add parsley and scallions to the quinoa and brown rice mixture. Stir to combine. CP: Hold for hot service at 135°F (57°C).

Recipe Notes

1. In Step 2, 12 oz plain white quinoa, per 25 portions, may be substituted for the tri-colored quinoa.
2. In Step 6, this recipe was tested with McCormick Santa Fe spice blend. If unavailable, may substitute with the following seasoning blend per 25 portions:
 - CHILI POWDER 1-½ tsp
 - CELERY SEED ¾ tsp
 - PEPPER, BLACK, GROUND ¾ tsp
 - CUMIN, GROUND ¾ tsp
 - GARLIC, GRANULATED ½ tsp
 - OREGANO, CRUSHED ½ tsp
3. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
4. Original recipe number: E-027-00