



Quinoa with Vegetables

Go for Green® Color and Sodium Codes
Green (Eat Often) Low Sodium

Ingredients

Ingredient	Measure	Weight
WATER, WARM	1 gal + 2 qt	12 lb 4 oz
VEGETABLE BASE, LOW SODIUM	½ cup	6 oz
SWEET POTATO, SKIN ON, DICED, ½-INCH	2 gal + 3-¼ qt	12 lb 14 oz
MUSHROOMS, FRESH, DICED ½-INCH	1 gal + 2 qt	4 lb 6 oz
PEPPERS, FRESH, RED BELL, DICED ½-INCH	3 qt	4 lb
PEPPERS, FRESH, GREEN BELL, DICED, ½-INCH	3 qt	4 lb
ONIONS, RED, DICED, ½-INCH	3 qt	3 lb 10 oz
GARLIC, FRESH, PEELED, MINCED	1-½ cup	8-½ oz
SALT	2 tbsp + 1 tsp	1-¾ oz
PEPPER, BLACK, GROUND	1 tbsp + 2-½ tsp	0.45 oz
OIL, CANOLA	1 cup	7-¼ oz
SMART BALANCE, BUTTERY SPREAD	1 cup	7 oz
QUINOA, WHITE, DRY	3 qt	5 lb

Nutrition Facts

Calories 182

Carbohydrates
Approx. Issue
30 g

Sugars* 6 g

Protein 5 g

Fat 5 g

Saturated Fat
0.7 g

Cholesterol 0 mg

Sodium 421 mg

Calcium 35 mg

Fiber 3.5 g

Directions

- 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.
- Rehydrate vegetable base with warm water. Reserve for use in Step 4.
- In a steam jacketed kettle or stockpot, cook sweet potato, mushrooms, red and green bell peppers, onions, garlic, salt, and pepper in oil and smart balance for 3 minutes; stir occasionally. Add quinoa to vegetable mixture and cook for an additional 3 minutes; stir occasionally.
- Add the reserved vegetable stock to the vegetable-quinoa mixture. Bring to a boil; reduce to a simmer, cover and cook for 15 to 20 minutes or until the quinoa is cooked through and the liquid is absorbed. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
- Transfer quinoa mixture to steam table pans for service; cover. CP: Hold for hot service at 135°F (57°C).

Recipe Notes

- Two No. 10 scoops may be used for each portion.
- In Step 3, in the development of this recipe, Le Gour® brand vegetable soup base was used to prepare the stock.
- In Step 4, 1 cup of butter may be substituted for the Smart Balance.
- In Step 4, 4-¾ oz (¾ cup) granulated garlic, per 100 portions, may be substituted for the fresh, minced garlic.
- *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

