

QUINOA SOUTHWEST PILAF MILITARY FOODSERVICE



INGREDIENTS

8 lbs. **Domestic White Quinoa**

< <https://inharvestfoodservice.com/products/domestic-white-quinoa/> >

8 qts. boiling vegetable or chicken stock

10 T. + 2 t. ground cumin

4 c. black beans, canned, drained

4 c. frozen corn kernels

4 c. fresh chopped cilantro

DIRECTIONS

1. Into each of 4 hotel pans, add 2 lbs. InHarvest White Quinoa, 2 qts. hot stock, 2 T. + 2 t. ground cumin, 1 c. black beans, 1 c. corn, mix until combined.
2. Cover with foil and place in 350°F oven for 21 minutes.
3. Stir in 1 c. fresh chopped cilantro into each pan before serving.

NUTRITION FACTS

Per serving: 170 cal., 8 g pro., 28 g carb., 4 g fiber, 3 g fat, 0 mg chol., 135 mg sod.

