

BLACK PEARL MEDLEY TUSCAN PILAF K-12



INGREDIENTS

2 lbs **Black Pearl Medley®**

< <https://inharvestfoodservice.com/products/black-pearl-medley/> >

2 quarts chicken or vegetable stock, low sodium

1/8 cup Italian seasoning

2 t kosher salt

1 cup carrots, peeled, diced (optional)

1/2 cup onion, diced (optional)

DIRECTIONS

1. In a pot, bring the stock to a boil.
2. Into each 2½" hotel pan, place 2 lbs InHarvest Black Pearl Medley, 1/8 cup Italian seasoning, 2 teaspoons kosher salt, 1 cup carrots (if using), ½ cup onion (if using) and 2 quarts hot stock. Stir to combine.
3. Cover the pan with parchment and foil.
4. Bake in a 350°F convection oven for approximately 45 minutes or until the grain is tender and most of the liquid is absorbed.
5. Hold, covered, in a warmer or steam table until service.

NUTRITION FACTS

Per serving: 182 cal., 6 g pro., 37 g carb., 3 g fiber, 2 g fat, <1 g. sat. fat, 0 mg chol., 222 mg sod.

CREDITING INFORMATION

One serving provides 1.5 grain/bread equivalent