

## Cauliflower Rice (Frozen)

Q-352-00  
Vegetables

**Color Code:** Green  
**Sodium:** Moderate

**Yield:** 100 Portions

**Each Portion:**  $\frac{3}{4}$  cup (3- $\frac{7}{8}$  oz)

**Pan Size and Number:** 12 x 20 x 2- $\frac{1}{2}$ -Inch Perforated Pans (6)

**Temperature:** 350°F (177°C)

**Time:** 11 - 12 min.

## INGREDIENTS

Item	Measure	Weight	Approx issue
CAULIFLOWER, FROZEN	7 gal + 2 cup	27 lb 11 oz	
OIL, CANOLA	$\frac{3}{4}$ cup + 3 tbsp	7 oz	
ONION, YELLOW, FINELY CHOPPED	2- $\frac{1}{3}$ cup	12 oz	14 oz
WATER, WARM	2- $\frac{1}{3}$ cup	1 lb 3 oz	
BASE, VEGETABLE, LOW SODIUM	1 tbsp + 2 tsp	1 oz	
SALT	$\frac{1}{4}$ cup	2- $\frac{1}{2}$ oz	
PEPPER, BLACK, GROUND	1 tbsp + 2 tsp	0.36 oz	

## DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Finley chop onion.
2. Preheat steamer. Preheat tilt skillet to 350°F (177°C).
3. Place 1 gal + 3 cups frozen cauliflower in each perforated steam table pan. Steam for 4 minutes.
4. Working in batches, chop the cauliflower in the buffalo chopper. Place about 1- $\frac{1}{2}$  gal cooked cauliflower into the buffalo chopper. Chop cauliflower for about 15 to 20 seconds or until the cauliflower pieces become about the size of rice. Remove chopped cauliflower from buffalo chopper and set aside for use in Step 7. Repeat for remaining portions of cauliflower.
5. Heat oil in preheated tilt skillet. Add onion. Sauté onion for 2 to 3 minutes.
6. Combine warm water and vegetable base; whisk until fully incorporated.
7. Add cauliflower, vegetable broth, salt and pepper to tilt skillet; mix well. Cook cauliflower for 5 minutes, tossing occasionally. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and serve immediately or CP: hold hot at 135°F (57°C).

## RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. This recipe was assembled utilizing batch preparation methods in accordance with equipment and procedures listed. Adjustments may need to be made at your facilities based on available space and equipment.

3. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	50
Carbohydrates	6 g
Sugars*	3 g
Protein	3 g
Fat	2 g
Saturated Fat	0.2 g
Sodium	313 mg
Calcium	29 mg
Fiber	3.0 g



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