



Farmer's Market Quinoa

E-300-00

Cereals, Rices and Pasta Products

Color Code: Green

Sodium: Low

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (6- $\frac{1}{4}$ oz)

Pan Size and Number: Steam-Jacketed Kettle, 12 x 20 x 4-Inch Steam Table Pan (3)

Time: 15 - 20 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER, WARM	1 gal + 2 qt	12 lb 4 oz	
VEGETABLE BASE, LOW SODIUM	$\frac{1}{2}$ cup	6 oz	
SWEET POTATO, SKIN ON, DICED, $\frac{1}{2}$ -INCH	2 gal + 3- $\frac{1}{4}$ qt	12 lb 14 oz	12 lb 14 oz
MUSHROOMS, FRESH, DICED $\frac{1}{2}$ -INCH	1 gal + 2 qt	4 lb 6 oz	5 lb
PEPPERS, FRESH, RED BELL, DICED $\frac{1}{2}$ -INCH	3 qt	4 lb	4 lb 14 oz
PEPPERS, FRESH, GREEN BELL, DICED, $\frac{1}{2}$ -INCH	3 qt	4 lb	4 lb 14 oz
ONIONS, RED, DICED, $\frac{1}{2}$ -INCH	3 qt	3 lb 10 oz	4 lb
GARLIC, FRESH, PEELED, MINCED	1- $\frac{1}{2}$ cup	8- $\frac{1}{2}$ oz	9- $\frac{3}{4}$ oz
SALT	2 tbsp + 1 tsp	1- $\frac{2}{3}$ oz	
PEPPER, BLACK, GROUND	1 tbsp + 2- $\frac{1}{2}$ tsp	0.45 oz	
OIL, CANOLA	1 cup	7- $\frac{1}{4}$ oz	
SMART BALANCE, BUTTERY SPREAD	1 cup	7 oz	
QUINOA, WHITE, DRY	3 qt	5 lb	

DIRECTIONS

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. Rehydrate vegetable base with warm water. Reserve for use in Step 4.
3. 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.
4. 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.

5. Transfer quinoa mixture to steam table pans for service; cover. CP: Hold for hot service at 135°F (57°C).

RECIPE NOTES

1. Two No. 10 scoops may be used for each portion.
2. In Step 3, in the development of this recipe, Le Gout® brand vegetable soup base was used to prepare the stock.
3. In Step 4, 1 cup of butter may be substituted for the Smart Balance.
4. In Step 4, 4-¼ oz (¾ cup) granulated garlic, per 100 portions, may be substituted for the fresh, minced garlic.
5. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	182
Carbohydrates	30 g
Sugars*	6 g
Protein	5 g
Fat	5 g
Saturated Fat	0.7 g
Cholesterol	0 mg
Sodium	241 mg
Calcium	44 mg
Fiber	4.5 g



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