



Brown Rice Pilaf

USDA Recipe for CACFP

Brown Rice Pilaf is a tasty and colorful medley that combines brown rice with bell peppers, spinach, herbs, spices, and dried cranberries.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¼ cup vegetable and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced ¼"	8 oz	1½ cups	1 lb	3 cups	1 Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.
*Fresh green bell peppers, diced	8 oz	1½ cups	1 lb	3 cups	
Garlic, minced		2 tsp		2 Tbsp 2 tsp	2 Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute, stirring constantly.
Salt		1 tsp		1 Tbsp 1 tsp	
Ground black pepper OR Ground white pepper		½ tsp ½ tsp		2 tsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Celery salt		1 tsp		2 tsp	
*Fresh mushrooms, sliced	4 oz	1¼ cups	8 oz	2½ cups	
Fresh thyme		1 tsp		2 tsp	
Low-sodium chicken broth		1 qt 2 cups		3 qt	3 Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.
Canned no-salt-added tomato paste	8 oz	¾ cup 2 Tbsp	1 lb	1¾ cups (approx. ⅛ No. 10 can)	
Brown rice, long-grain, regular, dry, parboil	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	4 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.
					6 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
					7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8 Remove rice from oven. Set aside for step 9.
*Fresh spinach, chopped	8 oz	3¼ cups	1 lb	1 qt 2½ cups	9 Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.
Dried Cranberries	5 oz	1 cup	10 oz	2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh parmesan cheese, shaved	2 oz	½ cup 2 Tbsp	4 oz	1 ¼ cups	10 Critical Control Point: Hold for hot service at 140 °F or higher.
Fresh parsley, minced		2 Tbsp		¼ cup	11 Garnish with parsley.
					12 Portion with No. 8 scoop (½ cup).

NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	150
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	187 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 IU
Calcium	44 mg
Iron	1 mg
Potassium	132 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Fresh green bell peppers	10 oz	1 lb 4 oz
Mushrooms	4 oz	8 oz
Spinach	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 3 oz	About 12 lb 6 oz
About 3 qt ⅓ cup/1 steam table pan (12" x 20" x 4")	About 1 gal 2 qt ⅔ cup/2 steam table pans (12" x 20" x 4")