



Orange Rice Pilaf

USDA Recipe for CACFP

The combination of brown rice and orange juice with the exotic spice turmeric, creates a truly exciting Orange Rice Pilaf that will be a pleasure to serve.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ⅓ cup vegetable and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	4 oz	¾ cup	8 oz	1½ cups	1 Place onions, peppers, and garlic in a food processor. Blend ingredients until minced.
*Fresh green bell peppers, diced	4 oz	¾ cup	8 oz	1½ cups	
Garlic, minced	2 oz	2 Tbsp	4 oz	¼ cup	
Canola oil		1 Tbsp		2 Tbsp	2 Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.
Salt		1½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	3 Add salt, pepper, garlic, and turmeric. Continue cooking one additional minute, stirring constantly.
Garlic powder		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turmeric		1½ tsp		1 Tbsp	
Low-sodium chicken broth		2¾ cups		1 qt 1½ cups	4 Add chicken broth, tomato paste, orange juice, peas and carrots, and bay leaves to onion mixture. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 6.
Canned no-salt-added tomato paste	1 lb	1¾ cups (⅛ No. 10 can)	2 lb	3½ cups (¼ No. 10 can)	
Orange juice		2¾ cups		1 qt 1½ cups	
Frozen peas and carrots	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	
Dried bay leaves		2 each		4 each	
Brown rice, long-grain, regular, dry, parboil	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	5 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.
					6 Pour 2 qt (about 4 lb) chicken broth mixture into each steam table pan. Stir. Cover pans tightly.
					7 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
					8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
Sliced almonds, toasted (optional)	1 oz	¼ cup	2 oz	½ cup	10 Garnish with almonds (optional).
					11 Portion with No.8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	164
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	175 mg
Total Carbohydrate	32 g
Dietary fiber	4 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	0 IU
Calcium	21 mg
Iron	1 mg
Potassium	325 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Green bell peppers	5 oz	10 oz

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 10 oz About 2 qt 3¼ cups/1 steam table pan (12" x 20" x 4")	About 11 lb 4 oz About 1 gal 1 qt 2½ cups/2 steam table pans (12" x 20" x 4")