



# Yellow Rice Pilaf

This Middle Eastern-inspired yellow rice pilaf is cooked with warm flavors of turmeric, garlic, onion, and cumin, which pairs perfectly with the Chicken Shawarma recipe.

**Preparation Time:** 15 minutes

**Cook Time:** 40 minutes

**CACFP Crediting Information:**

½ cup provides 1 oz eq grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oil, vegetable	2 oz	¼ cup	4 oz	½ cup	<b>1</b> Heat a braising pan, steam jacketed kettle, or a tilt skillet over medium-low heat. (Select a cooking vessel with a capacity that best matches the yield you are preparing). Add the vegetable oil and heat for 10 seconds before adding the onions.
Onion, fresh, yellow, small dice	4 oz	1 cup	8 oz	2 cups	
Garlic, granulated		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>2</b> Add diced onions, granulated garlic, granulated onion, ground turmeric, ground cumin, and salt. Stir until spices are fully incorporated for about 1 minute.
Onion, granulated		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Turmeric, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Cumin, ground		2 tsp		1 Tbsp 1 tsp	
Salt		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Rice, brown, long grain, parboiled, dry	1 lb 12 oz	1 qt ½ cup	3 lbs 8 oz	2 qts 1 cup	<b>3</b> Add rice and continue to cook over medium-low heat, stirring often, for about 2 minutes.
Vegetable broth, low-sodium		1 qt 2 ½ cups		3 qts 1 cup	<b>4</b> Add broth and bring to a boil over medium-high heat for about 30 minutes. Cook uncovered until water is no longer visible and is below the surface of the rice. Cover and reduce heat to low for 10 minutes. <b>Critical Control Point:</b> Heat to 135 °F or higher for at least 15 seconds.
					<b>5</b> Fluff rice and transfer to a steam table pan. <b>Critical Control Point:</b> Hold for hot service at 135 °F or higher.
					<b>6</b> Serve ½ cup (portion with a No. 8 scoop or 4 oz spoodle).

## NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
-----------	--------

<b>Calories</b>	<b>147</b>
-----------------	------------

<b>Total Fat</b>	<b>3 g</b>
------------------	------------

Saturated Fat	0 g
---------------	-----

<b>Cholesterol</b>	<b>0 mg</b>
--------------------	-------------

<b>Sodium</b>	<b>185 mg</b>
---------------	---------------

<b>Total Carbohydrate</b>	<b>26 g</b>
---------------------------	-------------

Dietary Fiber	2 g
---------------	-----

Total Sugars	0 g
--------------	-----

Added Sugars	0 g
--------------	-----

<b>Protein</b>	<b>4 g</b>
----------------	------------

Vitamin A	0 RAE
-----------	-------

Vitamin C	1 mg
-----------	------

Calcium	6 mg
---------	------

Iron	1 mg
------	------

**Source:**

USDA Standardized Recipe Project — 2025

## \*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Onions, mature, fresh	4 ½ oz	9 oz

## NOTES

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

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 4 lbs 5 oz About 2 ½ qts/1 steam table pan	About 8 lbs 10 oz About 1 gal 1 ½ qts/2 steam table pans