

Yellow Rice Pilaf (Stovetop)

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.

CACFP Crediting Information:

½ cup provides 1 oz eq grains.



Preparation Time: 10 minutes

Cook Time: 40 minutes

Makes: 6 servings

Ingredients

- 1 Tbsp (½ oz) vegetable oil
- ¼ cup onion, fresh, yellow, small dice
- 1 tsp garlic, granulated
- 1 tsp onion, granulated
- 1 tsp turmeric, ground
- ½ tsp cumin, ground
- ⅛ tsp salt
- 1 cup (7 oz) brown rice, long grain, parboiled, dry
- 1 ½ cups vegetable broth, low-sodium

Directions

- 1 Heat oil in a medium stock pot over medium-low heat.
- 2 Add diced onions, granulated garlic, granulated onion, turmeric, cumin and salt. Stir well until spices are fully incorporated for about 1 minute.
- 3 Add rice to the onion and spices and cook over medium high heat for 1 minute.
- 4 Add vegetable broth. Stir well. Bring to a boil over medium-high heat. Cook uncovered for 20 minutes. Remove from heat and cover. Let rest for 10 additional minutes.
Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 5 Remove cover and fluff rice.
Critical Control Point:
Hold for hot service at 140 °F or higher.
- 6 Serve ½ cup (portion with a No. 8 scoop or 4 oz spoodle).

NUTRITION INFORMATION

For ½ cup (No. 8 scoop or 4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	153
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	175 mg
Total Carbohydrate	27 g
Dietary Fiber	2 g
Total Sugars	0 g
Added Sugars	0 g
Protein	4 g
Vitamin A	0 RAE
Vitamin C	1 mg
Calcium	6 mg
Iron	1 mg

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

Source:

USDA Standardized Recipe Project — 2025