



# Jollof Rice

## USDA Recipe for Schools

Jollof Rice is a savory combination of brown rice, delicious vegetables and succulent spices. This dish is part of a satisfying African meal made up of Jollof Rice, Kati Kati Chicken, and Sautéed Spinach and Tomatoes. Check out the USDA version of all these recipes!

### NSLP/NBP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ⅓ cup red/orange vegetable, ⅛ cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		½ cup		1 cup	<b>1</b> Heat oil in a large stock pot.
*Onions, fresh, diced	1 lb 2 oz	3½ cups	2 lb 4 oz	1 qt 3 cups	
Ginger, ground		2 tsp		1 Tbsp 1 tsp	<b>2</b> Add onions, ginger, garlic, and bell peppers. Sauté uncovered over medium heat for about 3 minutes or until translucent.
Garlic, minced		2 Tbsp	3 oz	¼ cup	
*Red bell peppers, fresh	13 oz	2½ cups	1 lb 10 oz	1 qt 1 cup	<b>3</b> Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.
Tomatoes, canned, no-salt-added, diced, undrained	1 lb	1¾ cups 3 Tbsp (approx. ⅛ No. 10 can)	2 lb	3¾ cups 2 Tbsp (approx. ¼ No. 10 can)	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Tomato sauce, canned, no-salt-added	1 lb	1¾ cups 1 Tbsp (approx. ⅛ No. 10 can)	2 lb	3½ cups 2 Tbsp (approx. ¼ No. 10 can)	
Salt		2 tsp		1 Tbsp 1 tsp	
Cayenne pepper		¼ tsp		½ tsp	
Paprika		¼ tsp		½ tsp	
Curry powder, ground		2 Tbsp		¼ cup	
Vegetable stock		2 qt		1 gal	<b>4</b> Add stock. Stir well. Set aside for step 6.
Brown rice, long-grain, regular, dry, parboil	3 lb 4 oz	2 qt ¼ cup 1 Tbsp	6 lb 8 oz	1 gal ½ cup 2 Tbsp	<b>5</b> Place 1 qt 2 Tbsp 1½ tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2½").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>6</b> Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.
					<b>7</b> Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.
					<b>8</b> Critical Control Point: Heat to 135 °F or higher.
					<b>9</b> Remove from oven. Fluff rice. Set aside for step 11.
Peas and carrots, frozen, thawed, drained	1 lb 8 oz	1 qt ⅔ cup 2 Tbsp	3 lb	2 qt 1½ cups 1 Tbsp 1 tsp	<b>10</b> Steam vegetables for 1 minute to ensure that peas are bright in color.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>11</b> Fold 2 $\frac{1}{3}$ cups 1 Tbsp (about 12 oz) vegetables in rice mixture.
					<b>12</b> Critical Control point: Hold for hot service at 135 °F or higher.
Cilantro, fresh, finely chopped	2 oz	3 $\frac{1}{2}$ cups	4 oz	1 qt 3 cups	<b>13</b> Garnish with cilantro.
					<b>14</b> Portion with No. 8 scoop ( $\frac{1}{2}$ cup).



**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>153</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>191 mg</b>
<b>Total Carbohydrate</b>	<b>28 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
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Vitamin D	0 IU
Calcium	18 mg
Iron	1 mg
Potassium	143 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 6 oz	2 lb 12 oz
Red bell peppers	1 lb 2 oz	2 lb 4 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**

50 Servings	100 Servings
About 10 lb 12 oz About 1 gal 1 qt 1½ cups/2 steam table pans (12" x 20" x 2½")	About 21 lb 8 oz About 2 gal 2 qt 3 cups/4 steam table pans (12" x 20" x 2½")

