



Orange Rice Pilaf

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	8 oz	1 1/2 cups	1 lb	3 cups	1 Place onions, peppers, and garlic in a food processor. Blend ingredients until minced.
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups	
Garlic, minced	4 oz	1/4 cup	8 oz	1/2 cup	
Canola oil		2 Tbsp		1/4 cup	2 Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	3 Add salt, pepper, garlic, and turmeric. Continue cooking one additional minute stirring constantly.
Garlic Powder		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS	
	Weight	Measure	Weight	Measure		
Turmeric		1 Tbsp		2 Tbsp	<p>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.</p>	
Low-sodium chicken broth		1 qt 1½ cups		2 qt 3 cups		
Canned no-salt-added tomato paste	2 lb	3½ cups	4 lb	1 qt 3 cups		
Orange juice		1 qt 1½ cups		2 qt 3 cups		
Frozen peas and carrots	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt		
Dried bay leaves		4 each		8 each		
Brown rice, long-grain, regular, dry, parboil	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<p>5 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>	
						<p>6 Pour 2 qt (about 4 lb) chicken broth mixture into each steam table pan. Stir. Cover pans tightly.</p>
						<p>7 Bake: Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.</p>
					<p>8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>	
					<p>9 Critical Control Point: Hold for hot service at 135 °F or higher.</p>	
Sliced almonds, toasted (optional)	2 oz	½ cup	4 oz	1 cup	<p>10 Garnish with almonds (optional).</p>	
					<p>11 Portion with No.8 scoop (½ cup).</p>	



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	164
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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
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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	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 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

25 Servings	50 Servings
About 11 lb 4 oz About 1 gal 1 qt 2½ cups/2 steam table pans (12" x 20" x 4")	About 22 lb 8 oz About 2 gal 3 qt 1 cup/4 steam table pans (12" x 20" x 4")

