



Purple Rice Dressing

Rice dressing is a traditional holiday side dish in Louisiana. Purple rice gets its color from anthocyanins—a purple pigment found in plants.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training
Grant for School Meal Recipe Development
Louisiana Department of Education, Diocese of Baton Rouge

Preparation Time: 30 minutes

Cook Time: 1 hour

NSLP/SBP crediting information:

½ cup (No. 8 scoop) provides 1 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper and onion blend, frozen	1 oz	1 cup	2 oz	2 cups	<ol style="list-style-type: none"> 1. Thaw pepper and onion blend overnight under refrigeration. Critical Control Point: Hold at or below 41 °F. 2. Prepare purple or brown rice according to package instructions. Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher. 3. In a tilt skillet/braiser, brown the ground beef over medium heat. Drain and discard fat. Critical Control Point: Heat to 155 °F or higher for at least 17 seconds. 4. Return tilt skillet to medium heat. Add onion powder, granulated garlic, black pepper, paprika, and salt. Stir well to combine.
Rice, purple or brown, long grain, uncooked	3 lb 14 oz		7 lb 12 oz		
Beef, ground, 85% lean	12 oz		1 lb 8 oz		
Onion powder		¼ cup		½ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, granulated		¼ cup		¼ cup	5. Add thawed pepper and onion blend, beef base, and gravy browner. 6. Cook, stirring frequently, until mixture is heated thoroughly. Critical Control Point: Heat to 155 °F or higher for at least 17 seconds.
Pepper, black, ground		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Paprika		1 Tbsp 2 tsp		2 Tbsp 1 tsp	7. Add hot cooked rice and toss to combine. 8. Transfer rice dressing to 2-inch-deep full-size serving pans and cover. Critical Control Point: Hold for hot service at 135 °F or higher.
Salt, table		1 ½ tsp		1 Tbsp	
Beef base, reduced sodium		1 Tbsp		2 Tbsp	9. Serve ½ cup using a No. 8 scoop.
Gravy browner (enhancer)		2 tsp		1 Tbsp 1 tsp	

PURPLE RICE DRESSING NUTRITION INFORMATION

For ½ cup (No. 8 scoop)

NUTRIENTS	AMOUNT
Calories	149

Total Fat	2 g
Saturated Fat	0.25 g
Cholesterol	4 mg
Sodium	86 mg
Total Carbohydrate	28 g
Dietary Fiber	1.87 g
Total Sugars	0.3 g
Added Sugars included	N/A
Protein	5 g

Vitamin A	128 mcg RAE
Vitamin C	0.9 mg
Vitamin D	N/A
Calcium	5.3 mg
Iron	0.82 mg
Potassium	N/A
N/A=data not available.	

NOTES

The food safety temperatures are based on the FDA Food Code. Some information included in this guide 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

50 Servings	100 Servings
About 10 lb 4 oz	About 20 lb 8 oz

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant