

# Cranberry Brown Rice with Veggies

*A recipe for every season.*

One  $\frac{2}{3}$  cup  
serving provides

1 oz. grains  
equivalent

$\frac{1}{8}$  cup fruit





# Cranberry Brown Rice with Veggies

Yield: 48 servings/1 ¾ gal.

Serving Size: 2/3 cup

Prep Time: 25 minutes

Cook Time: 1 hour

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## INGREDIENTS

## WEIGHT

## MEASURE

## DIRECTIONS

Oil, vegetable		3 Tbsp.
Onion, yellow, minced	1 lb. 4 oz.	1 qt.
Carrots, diced	1 lb. 12 oz.	1 qt.
Green pepper, minced	15 oz.	3 cups
Brown rice, rinsed	3 lb.	1 ¾ qt. dry
Dried sweetened cranberries	15 oz.	3 cups
Chicken stock, low-fat, reduced sodium, heated		1 gal.
Soy sauce, reduced-sodium		1 ¼ cups
Peas, frozen, thawed	1 lb. 2 oz.	3 cups
Scallion, minced	4 oz.	2 cups

1. Heat oil in a large rondo over medium-high heat; add onions, carrots and peppers and sauté until tender, about 5-6 minutes.
2. Stir in rice and cranberries and heat through, about 1 minute.
3. Pour in stock and soy sauce. Bring to a boil.
4. Reduce the heat to very low, cover the pot tightly and cook for 45 to 60 minutes or until rice is tender and all liquid is absorbed. Remove pot from heat and let rest at least 15 minutes before serving.
5. Just before serving, gently stir in peas and scallions and keep warm.
6. **To Serve:** Scoop/spoodle 2/3 cup rice per serving. Serve with grilled vegetables, grilled chicken, or roasted meats, if desired.

**COOLING:** CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

**REHEATING:** CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

**SANITATION INSTRUCTIONS:** Wash hands and exposed parts of arms before handling food, after handling raw foods and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

**SERVING:** One 2/3 cup serving provides 1 oz. grains equivalent, 1/8 cup fruit

## NUTRIENTS PER SERVING:

Calories 169 kcal	Saturated Fat 0.30 g	Cholesterol 0.41 mg	Carbohydrate 34.53 g	Protein 3.76 g	Calcium 21.47 mg	Vitamin A 485.22 RE (3027.11 IU)
Total Fat 1.87 g	Trans Fat 0 g	Sodium 713.51 mg	Dietary Fiber 2.66 g	Vitamin C 11.26 mg	Iron 0.90 mg	1.60% Calories from Saturated Fat

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