


<b>JOLLOF RICE</b>	
This spicy West African staple, made with rice, tomatoes, onions, spices, vegetables, and chicken, is growing in popularity and will quickly become a menu favorite.	
½ CUP COOKED RICE PORTION PROVIDES: 1 oz. eq. whole grain, 1/8 cup of vegetable	

INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-grown Rice, brown, long grain, parboiled, dry	3¼ pounds	1. Combine rice and frozen onions and peppers in a 2-inch steamtable pan. For 50 servings use one, 2-inch steamtable pan.
Onions and peppers, frozen, diced	2 ½ pounds	
Vegetable stock, low sodium	1 ½ quarts	2. In a large container mix together stock, crushed tomatoes, tomato paste, oil, and seasonings. Whisk well to combine. 3. Pour tomato mixture over the rice, onions, and peppers. Gently stir to mix and coat rice with tomato mixture. 4. Cover and bake in a 350 °F oven for 90 minutes. <i>CCP: Heat to 135 °F for at least 15 seconds.</i> 5. Remove from the oven and stir immediately to distribute any tomato mixture. Stirring immediately adds to the texture of a traditional Jollof. 6. Hold warm, covered, until service. <i>CCP: Hold warm, above 135 °F for service.</i>
Tomatoes, crushed, canned, low sodium	½ # 10 can (51 ounces)	
Tomato paste, canned, low sodium	2 ounces	
Oil, canola	¼ cup	
Garlic, granulated	2 tablespoons	
Thyme, dried	2 teaspoons	
Onion, granulated	2 tablespoons	
Nutmeg, ground	2 tablespoons	
Salt, kosher	2 teaspoons	
Cayenne pepper	1 teaspoon	

NUTRITION INFORMATION					
1 serving = ½ cup cooked					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	140		Total Carbohydrate	29	(g)
Total Fat	2	(g)	Dietary Fiber	2	(g)
Saturated Fat	0	(g)	Added Sugars	0	(g)

NOTES
<i>CCP: for leftover rice, cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.</i>
YIELD/VOLUME
6 ¼ quarts

Cholesterol	0	(mg)	Vitamin D	0	(IU)
Sodium	220	(mg)	Calcium	6	(mg)
Protein	3	(g)	Iron	1	(mg)

#### SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)




**Recipe Name:** Jollof Rice

**Servings per Recipe:** 50

**Recipe Number:**

**Serving Size:** 1/2 cup

### Meal Pattern Contribution

	Vegetables	Red/Orange Vegetables	$\frac{1}{8}$ cup
	Vegetables	Other Vegetables	0 cup
	Grains		1.00 oz eq

***1/2 cup provides  $\frac{1}{8}$  cup total vegetable (  $\frac{1}{8}$  cup red/orange vegetable ), 1.00 oz eq grains***

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

## Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Tomato Products, Canned Tomato Paste, Canned, 24%-28%, Natural Tomato Soluble Solids (NTSS)</b>	Picnic (12 oz)	20.70	1 tablespoon paste (1/4 cup vegetable)	12 oz can = about 1-1/4 cups tomato paste	0.1670	0.0000	0.1670
<b>Tomatoes, canned, Crushed</b>	No. 10 Can (102 oz)	46.60	1/4 cup heated vegetable and juice	1 No. 10 can = about 12 cups tomato and juice	0.5000	0.0000	0.5000

## Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Onions, Mature, frozen, Chopped</b>	Pound	5.94	1/4 cup cooked vegetable	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion	2.5000	0.0000	2.5000

## Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
<b>Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods</b>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500