

Not Fried Rice

Vegetable-Grains/Breads

Grains/Breads

A-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
White rice	12 oz	1 1/2 cups 2 Tbsp	1 lb 8 oz	3 1/4 cups	1. Place rice and water in a steamtable pan (12" x 20" x 2 1/2"). Cover with plastic wrap and foil. 2. To Steam: Compartment Steamer: 20 minutes To Bake: Conventional Oven: 350 degrees F, 25 minutes Keep hot for Step 6.
Water		3 cups		1 qt 2 cups	
Vegetable oil		2 Tbsp		1/4 cup	3. Heat oil in a large saute pan. Add onions and cook over medium heat until tender, about 3 minutes.
*Onions, minced OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
Dehydrated onion flakes		2 Tbsp		1/4 cup	4. Add frozen vegetables to onions and cook over medium heat until heated, about 3 minutes.
Frozen mixed vegetables	1 lb 5 oz	1 qt 3/4 cup	2 lb 10 oz	2 qt 1 1/2 cups	
Fresh large eggs, beaten OR		6 each		12 each	5. Add eggs and soy sauce to vegetables and cook over low heat, stirring frequently, until eggs are set, about 10 minutes. CCP Heat to 155 degrees F or higher for at least 15 seconds.
Frozen whole eggs, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Soy sauce		1/4 cup		1/2 cup	6. Add vegetable mixture to hot rice in steamtable pan and stir to combine. 7. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	4 1/2 oz	9 oz

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1/8 cup of vegetable and the equivalent of 1/2 slice of bread	25 Servings: 4 lb 3 oz	25 Servings:
	50 Servings: 8 lb 6 oz	50 Servings:

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Nutrients Per Serving					
Calories	98	Saturated Fat	.6 g	Iron	1.1 mg
Protein	4 g	Cholesterol	58 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	135 RE/1175 IU	Sodium	195 mg
Total Fat	2.7 g	Vitamin C	2 mg	Dietary Fiber	2 g